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**FYI -**

**Kathleen and the Village Herb Shop will be on TV Channel 8's "That's Life" s how with Robin Swoboda on Monday, January 18 between 10 am and 11 am to present easy herbal tips.**



KATHLEEN GIPS'

**VILLAGE HERB SHOP**

**HERB OF THE MONTH NEWSLETTER**

**SHOP OUR STORE**

JANUARY 2010



### **Aloe Vera**

**Botanical Name:** Aloe barbadensis

#### **History:**

The first recorded use of aloe to treat burns and skin abrasions comes from ancient Egypt. The Egyptians used aloe over 3,000 years ago much like we use it today. It is also believed that aloe was a key ingredient in Cleopatra's "secret" beauty cream that she massaged into her skin daily and contributed to her striking beauty. Ancient herbalists recommended aloe for digestive ailments and skin diseases. The first recorded source of aloe plants was an island in Africa. Later, in the 1500's, it was imported by English druggists from Barbados. This is the origin of the plant's species name.

#### **Aloe Vera in the Garden:**

Aloe is a perennial and can be grown in the garden at Zone 3. In our colder area of northern Ohio it must be protected from temperatures below 45 degrees. Growing aloe in our climate requires bringing the plant in to a warm windowsill when temperatures get cold. Aloe grows well indoors in the winter. The plants need very little watering since their leaves contain so much moisture. Aloe will die if watering creates soggy roots. I usually take my aloe plants back outdoors in the summer. They must be grown outside in shade or filtered light because the sun will burn the leaves and cause them to turn brown.

Growing aloe in pots is easy. Growing aloe in pots encourages reproduction with new aloe plants arising from the base of the plant. These new aloe "babies" can be pulled apart from the mother plant with their roots intact and replanted in another pot.

#### **Using Aloe Vera Gel**

Growing aloe in the kitchen is a good idea. Then, whenever needed, a leaf can be broken and the healing gel rubbed on kitchen burns and cuts. Keep the plant handy outdoors for scrapes and insect bites. The soothing gel quickly heals by reducing pain and inflammation.

#### **Meaning in the Language of Flowers:**

Religious superstition; bitterness, grief; acute sorrow or affliction

[More about the meaning of flowers](#)

#### **Characteristics:**

Aloe Vera is a succulent plant that has no stem. It has soft, fleshy leaves that contain sacs filled with healing gel or juice. Aloe Vera varies in height from 1 to 5 feet and in width from 1 to 3 feet depending on its location and conditions. They rise like blades from the base with prickly spikes along the edges. The spikes have pale green spots. The outside of the leaf has a waxy, smooth texture.

The inside of the leaf is shiny and moist, filled with the slimy aloe gel that oozes from a broken leaf. The fresh leaf is about 96% water. The gel is the active part of the plant. If the leaves are squeezed, the gel comes out in thick chunks. It is scented and has a bitter taste. This gel is the product that is used commercially.

Aloe plants will flower after about three years if planted in the ground. Since aloe is a tropical plant, we grow it in pots here in our North Coast climate so we will not see flowers in our location.

## Recipes

### Aloe Vera Skin Mousse

Aloe soothes and hydrates the skin while reducing inflammation. Jojoba oil is most like our own body oils and is the best skin softening agent.

Use this mousse to apply to any skin problems. It is especially good for the face as well as reddened chapped, dry hands.

Ingredients:

3 1/2 teaspoons aloe vera gel  
1 teaspoon jojoba oil  
5 drops rose geranium essential oil

Directions:

Mix 3 teaspoons aloe vera gel with one teaspoon jojoba and mix well until mixture starts to form a gel. Then mix in the last 1/2 teaspoon of aloe vera and essential oil of rose geranium. Mixture will be smooth and creamy. This will be enough for about eight to ten applications.

To use:

Apply to affected tissue. Mixture will last for about two months in a cool location. Refrigerate for longer storage. Using this mixture will leave the skin calm, restored and soft.



### Aloe and Honey Facial Mask

Calming to the skin. Hydrating.

Split the leaf and apply directly as indicated for: skin burns, sunburn, skin blemishes and acne, athlete's foot, hemorrhoids, cuts, scrapes, dry skin, insect bites and infections. Aloe vera gel should be applied to incisions only after they are healed.

### Other Uses of Aloe Vera Gel

**Bath and Body** - Aloe is often used in cosmetics as a soothing emollient for facial care, irritated skin and to prevent scarring. Since the ph of aloe is 4.3 it is especially suited for facial and skin care since the skin's ph is between 4 and 6.

**Sun Screen** - One of aloe's ingredients is aloin. This is a sun screen that has been shown to block 20-30% of the sun's ultraviolet rays.

### Medicinal Actions

Aloe gel boosts the immune system. It is antibiotic and contains salicylic acids which reduce pain and inflammation. It heals wounds and stops bleeding. Commercial aloe juice is made from the inner leaf. It is blended and strained and sometimes a preservative is added. Aloe vera gel is made with the use of seaweed as a thickening agent to make the gel close to the leaf's original thick consistency. A brownish part of the gel that is found inside the leaf along the blade has laxative properties. The juice and gel are soothing to digestive tract inflammation and irritation. Aloe is often used in commercial products to heal burns and sunburn. Aloe is also applied to cuts and scrapes, and eczema, poison ivy and oak rashes. Aloe vera calms angry skin from allergic reactions.

**Note: The Village Herb Shop Has Aloe Vera plants for sale at the shop for \$1.50 while supplies last.**

### Quick Aloe Tip

Aloe vera juice is immediately soothing and cooling. Apply the gel from a broken leaf immediately to a burn or insect bite for instant relief of pain and itching. Healing begins on contact. If you do not grow Aloe plants, the gel is available for purchase at the Village Herb Shop or your local health food store.

For reddened dry skin that has been exposed to the wind or sun.

**Ingredients:**

- 2 Teaspoons Aloe Vera Gel
- 1 Teaspoon Honey

**Directions:**

Mix ingredients well. Apply to face and leave on for ten minutes. Rinse with warm water and pat dry.

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**Featured Products:**



[Naturopatch Essential Oil Body Patch - Tea Tree](#)

Internet Only - \$17.95  
Reg. Price \$19.95

[MORE INFO](#) 



[EO Bubble Bath Rose Geranium and Citrus](#)

Internet Only - \$10.95  
Reg. Price \$11.99

[MORE INFO](#) 



[Vermont Soap Organics Liquid Sunshine](#)

Internet Only - \$14.95  
Reg. Price \$16.95

[MORE INFO](#) 



[VHS Flu Buster Special](#)

Internet Only - \$14.95  
Reg. Price \$20.85

[MORE INFO](#) 

**Recipes**

[More Online](#) 

**Herbal Healing Skin Salve**

Use as a topical first aid cream for cuts, scrapes, blemishes and bruises

**Ingredients:**

- 1 tablespoon oil (sunflower, safflower, almond, apricot)
- 1 teaspoon aloe vera gel
- 1 teaspoon granulated beeswax
- 10 drops lavender essential oil
- 10 drops eucalyptus essential oil
- 5 drops rosemary essential oil
- 1/2 teaspoon very finely chopped calendula petals
- 1/4 teaspoon comfrey leaf cut and sifted or

**Healing Herbal Bath Oil**

Use to soak injured tissues from rashes, burns, or irritation

**Ingredients:**

- 2 ounces aloe vera gel
- 4 ounces almond oil
- 2 Tablespoons calendula petals
- 2 Tablespoons lemon balm
- 20 drops of lavender essential oil

**Directions:**

Heat almond oil with dried calendula petals and dried lemon balm until hot. Turn heat off, cover and allow to steep for 30 minutes or until oil is cool. Strain out lemon balm and calendula petals.



crushed in mortar and pestle  
1 capsule vitamin E

**Directions:**

Use a one ounce glass container. Prick a hole into the vitamin E capsule with a pin and squeeze out the contents. Add all ingredients. Mix well with a toothpick. Remove cap and place container on a microwave safe dish. Microwave for 1 minute or until all wax is dissolved. Stir with a toothpick. Place in freezer to speed cooling and consolidation.

**Use:**

Apply to injuries to speed healing and prevent infection.

### *Roll-On Relief*

Make a roll-on applicator of aloe vera gel and essential oils formulated specifically to relieve pain and heal tissues. Ideal for arthritic pains, sports injuries and bruises. Simply roll on to painful and stiff areas for relief. The gentle pressure from the roll on applicator pressure relieves tense muscles. The essential oils act to relax, heal and relieve the pain on injured tissues. Great for skin rashes, burns and sunburn relief. Get relief in minutes. Apply to affected areas as needed.

Recipe makes approximately two ounces

**Ingredients:**

1 ounces of aloe vera gel  
10 drops lavender essential oil

**Directions:**

Carefully measure ingredients into a bowl and mix all well. Spoon into glass jar with tight fitting lid. Label. Especially suited for a one ounce roll-on applicator bottle if available.

**Application Directions:**

Rub this soothing gel on affected areas for immediate relief of pain. Ideal for arthritic pains, sports injuries and bruises. Simple to apply or roll on to injured skin areas for relief and healing. Shake well before each use.

Mix cooled oil with aloe gel and the essential oils.

**To use:**

Shake well before each use. Add one tablespoon to bath tub as it is filling. Soak in tub for twenty minutes for optimal healing effect. Air dry if possible. Soothing and healing to all skin tissue.

## *Cooling Peppermint Foot and Leg Gel for Dry Skin*

**Cooling, Soothing, Moisturizing, Disinfecting,  
Odor Reducing, Softening, Healing and Anti-  
Fungal. Makes a great gift for the all the tired  
feet you know!**

**Ingredients:**

2 ounces aloe vera gel  
2 ounces safflower oil\*  
15 drops peppermint essential oil  
10 drops lavender essential oil  
5 drops tea tree essential oil

**Directions:**

Put all ingredients in a glass or plastic 4 ounce bottle. Use care to keep essential oils off fingers. Put on cap and shake well before each use to evenly distribute the essential oils, safflower oil and aloe vera gel throughout the liquid.

**To Use:** Put a small amount on feet and legs and rub in. Apply as needed to soften, heal, soothe and disinfect.

\*May use sunflower oil, almond oil, apricot oil or grape seed oil

## Our Upcoming Classes and Events

[VIEW ALL](#) 

- **Note: The Village Herb Shop will be closed on Sundays - January through March**

### FYI -

**Kathleen and the Village Herb Shop will be on TV Channel 8's "That's Life" show with Robin Swoboda on Monday, January 18 between 10 am and 11 am to present easy herbal tips.**

- **January 21, 2010**      [All-Natural Facial Care Class](#)  
**6:00 pm to 8:00 pm:**  
**Presented by Ecco Bella Makeup Artist and Esthetician Jann Cellura**

Learn how to properly care for your facial skin, anti-aging techniques and proper make-up application for a more beautiful you. Jan will do demonstrations and show application of foundation, blush, eye liner and lip color. Learn how to take care of problem skin and keep your face radiant. Jan will have a question and answer format. She will feature the Village Herb Shop's new line of Ecco Bella make-up and facial care products. Jann taught this class in September and the response of the attendees was excellent. Take advantage of this FREE opportunity to hear Jann's professional advice and learn about these great natural Ecco Bella products.  
**Class fee: FREE**  
**Reservations Please.**

- **Saturday, January 23, 2010**      [VHS Tea Tasting Club](#)  
**Two tea tasting seatings:**  
**AM: 10:30 am to 12 noon**  
**PM: 2:00 pm to 3:30 pm**

Learn about tea, taste tea and have a tea party.  
- Demonstrations of proper brewing techniques  
- Tips on serving tea  
- Taste a variety of teas: red, green, black, herbal  
- Enjoy tea time desserts with friends

**Fee:** \$5 at the door for each seat  
Free admission if you bring tea time sandwiches, bread or dessert to share.  
**Reservations Required.** Seating is limited.

**Join us to sip and savor!**

**Next Quarterly tea tasting will be held on April 24, 2010**

Would you like to have a Tea Tasting Party for your group? **Ask us!**

- **Saturday, January 30, 2010**      [Lavender Buffet Party](#)  
**11:00AM - 12:00 PM:**  
**Food Tasting to Follow**  
Enjoy a program all about lavender and fellowship from your herbal friends at the Village Herb Shop. Learn history, culture, harvesting and aromatherapy benefits of Lavender. Taste Earl Grey Lavender Tea and Lavender Cookies. Join us to inhale the irresistible fragrance of lavender and become relaxed and stress-free in the new year.

**Fee:** \$10 each.  
Bring any food dish to share made with lavender and get in FREE.

**Reservations please.** Please indicate if you will be bringing food at the time of registration. Bring your recipes and Kathleen will make them into a booklet for all who attend.



## Herb Craft of the Month

Learn a New Herb Craft Every Month!

Join us for January's Craft:

**Soothing Lavender and Chamomile Eye Soother Pillow**

Join us for February's Craft:

**Hearts of Rose Sachet in a Floral Heart Box**

Join us for March's Craft:

**Roll-On Headache Relief**

Join us for April's Craft:

**All Natural Lemon Mint All-Purpose Cleaner in a Spray Bottle**

Follow our simple step-by-step do-it-yourself directions to make your own craft any day of the week.

All supplies are included for this one low price.  
**Fee: \$5.00 each.**

[LEARN MORE](#) 

- **Saturday, February 6** [Jam, Tea & Scones with Lyons Market](#)  
11:00 am to 4:00 pm

Join us on, for a taste of our Lyons Market gourmet jams and jellies. The Lyons family will be on hand offering a wide variety of their gourmet recipes featuring the February Jam-of-the-Month, Lyons Market – Whiskey Island Blood Orange Jam. Learn more about the blood orange and other Lyons Market secrets as you sample the jams atop our freshly baked Sticky Fingers Scones, savored with a hot cup of our tea!

- **Same Class - 2 Dates**  
[New Year, New Decade and a Fresh Start for You!](#)  
Presented by Mary Landies

**Tuesday, February 9 11:00 am**  
**Saturday, February 20 11:00 am**

An Informational class and a strategy that will help you maneuver your way through Detoxing yourself and your environment.

With demonstrations and explanation of the benefits of ear candling, the Neti Pot and how to swallow a clove of garlic without tasting it! You'll leave with recipes for making your own household cleaners and a very do-able plan to boost your immune system and your overall well-being.

Join Mary Landies, reflexologist, for this 'feel good' class that lasts approx. 45 minutes.

**Reservations please.**

**Fee:** No Charge

- **Saturday, February 13:** [Chocolate Tea Party and Program](#)  
Presented by Herbal Theatrics

Join us for a tea party to celebrate Valentine's Day. First we will serve Chocolate Tea and Chocolate Desserts. Then the ladies of Herbal Theatrics return to the Herb Shop with a program in our upstairs classroom entitled:

### **A Heavenly Visit With Chocolate and Bay**

Two angels, Chocolate and Bay must learn to get along and prove their worth to be accepted into the cooking cloud. Can they do it? Will Chocolate lose any more of her wings? Will her attitude ever improve? Will Bay be anything more than a skinny weed to Chocolate? Can Bay convince Chocolate of her worth in desserts? Who was John Hannon, and why was a Bishop mysteriously murdered with poison put in his cup of Chocolate?

To find the answers to these questions, learn more about the rich history of Chocolate, and become educated about the herb Laurel Bay (2009 Herb of the Year), come and be entertained by HERBAL THEATRICKS in A HEAVENLY VISIT WITH CHOCOLATE AND BAY. This is the fourth original skit by HERBAL THEATRICKS, the dynamic duo of Connie Williams and Karen Rodachy. We enjoyed their Lavender skit a few years ago and we are very pleased to have them return to the Village Herb Shop.

**Tea Party:** 1:00 pm

**Program :** 2:00 pm

**Tea and Program Admission: \$15 per seat**

**Reservations Please.**

- **Saturday, February 27**  
11:00 am to 12:00 pm  
[Sleep and Relaxation: A Natural and Herbal Approach](#)

Join this class to learn therapy with aroma and how important our sense of smell is to our healing and health. Essential oils contained in herbs can effectively and safely heal and soothe and promote relaxation, stress relief and a resulting better night's sleep.

Let us show you simple methods to use herbs and aromatherapy safely, easily and economically. Learn how to blend herbs and essential oils and use them in your every day life from foot bath to tub bath to teas and sprays. Class will take home a Relaxation Roll-on applicator to reduce stress and promote sleep when applied to pulse points, Sleep Easy Bath Salts and Sleepy Time Room and Body Spray.

**Reservations Required.**

**Class Fee: \$15.00**

■ **Saturday, March 6**      [Jam, Tea & Scones with Lyons Market](#)  
**11:00 am to 4:00 pm**

Join us on, for a taste of our Lyons Market gourmet jams and jellies. The Lyons family will be on hand offering a wide variety of their gourmet recipes featuring the March Jam-of-the-Month. Learn more about the blood orange and other Lyons Market secrets as you sample the jams atop our freshly baked Sticky Fingers Scones, savored with a hot cup of our tea!

■ **Saturday, March 13**      [Aromatherapy 101](#)  
**11:00 am to 12:00 noon**      [How to Get Well from the Smell!](#)

Confused about what aromatherapy is and what it can do for your life. Join us to learn the essential facts about aromatherapy. Learn how you can "Get Well From the Smell" of natural plant essences. Learn the definition of essential oils and experience the effects of different scents. Essential oils can effectively and safely heal and soothe. Would you like to feel alert and be less sleepy?, have more energy?, sleep better?, relax?, have a better memory?, be happier? Let us show you simple methods to use aromatherapy safely. Learn how to blend essential oils and use them in your every day life. Class will take home an essential oil kit including the six most used essential oils for health and well being including a booklet on how to use these essential oils for aromatherapy.

**Reservations required.**

**Class Fee: \$25.00**

Includes aromatherapy kit with essential oils and instructional booklet. Class fee without kit: \$15.00

[Please specify if you will be signing up for class with or without the kit and booklet.](#)

■ **Saturday, March 27**  
**1:00 pm to 2:00 pm**  
[Abbots, Arbors and Flowering Meads:](#)  
[A Medieval Garden of Herbs](#)

**Presented by Kathleen Gips**  
**As told by Lady Catherine of Louvain, circa 1429**

Lady Catherine will arrive at your banquet hall in full medieval costume and character. She will curtsy to each guest while Gregorian chant music announces her arrival. The Lady is presented with the task of being a mentor to the group of young maids in the audience who desire to become proper ladies in the year of our Lord, 1429. The Lady of a medieval manor has a vast knowledge of herbs and uses them to promote the well being of her family and her home. Important herbs of this time period will be described with instruction and practice.

Lady Catherine will come prepared to demonstrate her daily duties. Young maids from the audience will be asked to show their skills in various tasks as taught by the Lady including preparing the hall with strewing herbs, sprinkling the guests with rose water, combing their hair with a rosemary branch and beautifying their face with orris root powder. There will be a rosemary bride's parade. The Lady will show how to dispel witches and prepare a proper "stew" or herbal bath for healing.

This program is light and humorous while, at the same time, educational about the uses of herbs in medieval times. It will include audience interaction with props and demonstrations. Lady Catherine will be in character throughout the program until her final exit. She will answer any questions about herb gardening during the Middle Ages. She will explain her costume and talk about the research done for this program at Gaasbeek castle in the Burgundy area of Belgium.

Join us for the celebration of the first day of spring with a sampling of Meade and medieval fare.

[Note: Wear medieval attire and receive magical herbs from Lady Catherine.](#)  
**Reservations Required.**

Program fee; \$15.00.

- **Trade baskets for Potpourri:**  
Please donate your clean, unwanted baskets to the Village Herb Shop. We will trade for a scoop of our hand-blended potpourri. The Village Herb Shop uses these baskets for gift wrapping, programs and classes for groups. Thank you for recycling.
- *Remember to SHOP LOCAL and support your favorite small stores! We all appreciate your patronage.*
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### Chagrin Falls Shop Hours

Monday through Saturday: 10 am - 5 pm

Sundays:

January through March: Closed on Sundays

April through August: 12 noon - 4 pm

September: Closed on Sundays

October through December: 12 noon - 4 pm

### Contact Village Herb Shop

17 East Orange Street, Chagrin Falls, OH 44022  
Phone: 440-247-5029 Toll Free: 800-836-9120

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