



Thank you for your support!

While we do our best to detail every ingredient, we trust our customers with the responsibility of knowing to which plants they are sensitive or may cause them allergic reactions. Please remember that wild plants can contain thujones, artemisias, latex, etc., as well as other allergens and irritants.

If you have any questions or concerns about the ingredients used in our products, please send us an email at: borealgrannyroxie@gmail.com

boreal granny



boreal granny's
Winter Herbal Survival Kit

Boreal Care & Healing

Balsam Lotion – soothe and heal dry, damaged skin

Ingredients: spring water, grapeseed oil, coconut oil, safflower oil, balsam fir, plantain leaf, water lily root, wild rose seed, unpasteurized honey, raw beeswax, citric acid (preservative)

Wild Plum Blossom Lotion – gentle, moisturizing oils infused with plum blossom

Ingredients: wild plum blossom, spring water, grapeseed oil, coconut oil, safflower oil,, water lily root, wild rose seed, unpasteurized honey, raw beeswax, citric acid (preservative)

Aches & Pain Muscle Rub – soothing relief for sore muscles and inflammation

Ingredients: olive oil, wintergreen, horseradish, balm of Gilead, weckay (sweetflag), cedar, raw beeswax

Wild Spruce Foot Balm – a twist on my grandmother's traditional recipe; a true healing balm for those dry, cracked, winter feet

Ingredients: olive oil, coconut oil, grapeseed oil, shea butter, cocoa butter, white spruce resin, white spruce needles, raw beeswax

Winter Sacred Salts Soak – cleanse, protect and heal, and help alleviate the symptoms of the winter blues with this herb infused himalayan and sea salt blend.

Add one tablespoon salt & one tablespoon herbs for a foot soak. Increase to one cup of salt and three tablespoons herbs for a full soak in the tub.

The herbs can be used up to three times before being returned to the earth



Boreal Bitters

Bitters are an excellent digestive aide and great alternative for those who are sensitive to probiotics

Dried – create your own mother of bitters using vinegar, alcohol, or water

Fill a sterile jar halfway to the top with herbs, add apple cider vinegar, alcohol, or boiling spring water until the herbs are covered, ensuring there is air space left in the jar. Seal the jar with a lid and store in a cool dark place for three to five months. Turn and rotate the jar often in the first few weeks.

Strain the bitters and set the herbs aside if you plan to reuse them. Dilute the mother of bitters using one part bitters to three parts spring water and take one teaspoon daily as needed

Herbs can be used up to three times. Dilute one part bitters to one part water for reused herbs.

Ingredients: mugwort, yarrow, hibiscus, highbush cranberry, hawberry, balsam root, dandelion leaf, ginger, black cardamom

Prepared – bitters prepared from mother of bitters



Boreal Smokeless Smudges

Smokeless smudging has been around as long as smoke smudging and is a great alternative for people who suffer from asthma or other sensitivities to smoke, and also for smudging indoors

Add one or two tablespoons to a pan of boiling water, turn off the heat and use the steam to fill your home, or use in your winter rituals and celebrations

Winter's Light: balsam, wintergreen leaf, wintergreen berry, bearberry, lemon rind

Hestia's Hearth: pine, hawberry, bearberry, star anise, black cardamom, cinnamon

Boreal Lip Balm

Wild Wintergreen – soothing relief for dry, cracked and chapped lips

Ingredients: grapeseed oil, coconut oil, almond oil, lanolin, rosehip, wild mint, wild wintergreen, beeswax

Weekay Lemon Balm – medicinal and antiviral, this soothing balm provides relief from cold and canker sore pain

Ingredients: grapeseed oil, almond oil, rosehip seed, lemon balm, weekay root and reed, beeswax

Wild Rose & Plum Blossom – enlighten and heal your lips with the gentle touch of wild flowers

Ingredients: grapeseed oil, almond oil, shea butter, wild rose petal, wild plum blossoms, rosehip seed



Boreal Tea

Add one tablespoon of tea per two cups of water, bring to boil, reduce heat, simmer for twenty minutes, strain, enjoy

Boreal Chai – find warmth and comfort in this sweet, earthy twist on traditional chai.

Enjoy on its own, or add to your favourite black tea or coffee for a hint of seasonal spice

Boil with milk instead of water for a delicious, creamy brew. Simmer five to twenty minutes.

Ingredients: inner birch bark, alfalfa buds, labrador leaf, bearberry leaf and stem, sasparilla root, dandelion root, thistle root, nasturtium flower and leaf, caragana flower, nutmeg, ginger, cinnamon, allspice, black and green cardamom

Boreal Immunity – boost your immunity and help fend off those pesky winter viruses. This delicious medicinal blend tastes so good even the kids will love it

Ingredients: stinging nettle, red raspberry leaf, red clover, labrador leaf, lemon balm, brown-eyed susan, sweetgrass, rosehip, haw berry, elderberry, chaga

Winter Forest Blend – packed full of rich nutrients and uplifting energy

Ingredients: stinging nettle, wintergreen, sweetgrass, spruce needle, rosehip, organic lemon peel

Woodland Sprite – this vitamin, nutrient rich children's tea can be enjoyed any time but is especially good for fighting colds, soothing sore throats, and reducing fever

Ingredients: stinging nettle, lemon balm, red raspberry leaf, red clover, wild mint, sweetgrass, rosehip

Teas can be used up to three times before being returned to the earth

Boreal Medicine & Healing

Always seek the help of a medical practitioner if your symptoms persist or worsen

Honey Immunity Cough Syrup - *this soothing syrup is a natural antiviral that helps calm coughs and sore throats and relieve congestion*

Take ½ teaspoon – 1 teaspoon every three hours

Ingredients: unpasteurized honey, pine, elderberry, rosehip, wild mint, sweetgrass, hyssop, weckay (sweetflag)

Intense Chest Rub - *the boreal version of tiger balm, this soothing rub provides relief of chest and sinus congestion when applied generously to chest, back, and neck*

Ingredients: pine and cedar infused spring water, white cedar, juniper, pine, wintergreen, olive oil, creeping ground juniper

Gentle Chest Rub - *just as effective, but gentler than the intense version, this rub provides soothing relief of chest and sinus congestion without the use of thujone ingredients and is a good alternative for children and people with sensitivities*

Ingredients: spring water, balsam, sweetgrass, wild mint, coltsfoot, lavender, wild rose petal, wintergreen, olive oil

Intense Lung Cleanse & Tea - *soothes and relieves chest and sinus congestion*

Steam: add one tablespoon to a pot of boiling water, remove pot from stove and allow to cool for five minutes, position yourself over the pot and drape a towel over your head to trap the steam, breathe in deeply for several breaths

Tea: add one teaspoon for every one cup of water, bring to a boil, reduce heat, simmer twenty minutes, strain, drink ¼ cup every three hours

Ingredients: pine, cedar, juniper, creeping ground juniper

Gentle Lung Cleanse & Tea - *relieve chest congestion with this gentler lung cleanse, perfect for those with sensitivities to thujones*

Steam: add one tablespoon to a pot of boiling water, remove pot from stove and allow to cool for five minutes, position yourself over the pot and drape a towel over your head to trap the steam, breathe in deeply for several breaths

Tea: add one teaspoon for every one cup of water, bring to a boil, reduce heat, simmer twenty minutes, strain, drink as often as desired

Ingredients: mullein, balsam, wintergreen, lavender, wild rose, sweetgrass, wild mint, daisy root

