



Solara Soul

APOTHECARY

HERBAL SYRUPS

Wild Elderberry Syrup (8 fl oz)	\$17
Herbal Mineral Syrup (8 fl oz)	\$33
Herbal Duo (8 oz Elderberry & Herbal Mineral Syrup)	\$46
Wild Cherry Cough Syrup (8 fl oz)	\$15

TINCTURES, ESSENCES, ELIXIRS

1 Dram	\$5
2 Dram	\$7
1/2 Ounce	\$10
1 Ounce	\$15
Bach Flower Remedy & Essence Blend	Consult Fee
Calendula Infused Witch Hazel Facial Spray (1 oz)	\$15
Hawthorn Elixir (1 oz in Honey & Alcohol)	\$15
Musculoskeletal Topical Spray Blend (1 oz)	\$15
Rose Bliss (1 oz in Glycerine)	\$15

SALVES, BODY OIL, BODY BUTTER

1/2 Ounce Single Herb Salve	\$5
1 Ounce Single Herb Salve	\$10
Anti-Fungal Blend (1 oz)	\$12
Breast Massage Balm (2 oz)	\$18
Calendula Herbal Body Oil (1 oz)	\$10
Healing Salve Blend (1 oz)	\$12
Sea Buckthorn Cream (2 oz)	\$18
Shea Butter Blend with Vitamin E Oil (2 oz)	\$12
Sun Moon Alchemy Herbal Body Oil (2 oz)	\$18
Whipped Body Butter (4 oz)	\$18
Varicose Vein Blend (1 oz)	\$12



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DRIED HERBS & TEA BLENDS

Ancient Wisdom Cleansing Blend (4 oz) \$20

Burdock Root*, Marshmallow Root*, Sheep Sorrel*, Turkey Rhubarb

Custom Blend included with Consultation Consult Fee

Digestive Blend (4 oz/8 oz) \$12/\$20

Burdock Root*, Catnip*, Chamomile*, Fennel Seed, Hibiscus, Marshmallow Root*, Meadowsweet, Peppermint*, Calendula*

Fever Blend (4 oz/8 oz) \$12/\$20

Boneset*, Elderflower*, Lemon Balm/Catnip*, Peppermint*, Yarrow*
Herbal combination may vary by needs. Not for pregnancy.

Heart Opening, Brightening (4 oz/8 oz) \$10/\$18

Rosehips, Hibiscus, Nettles*, Elderberries, Lemon Balm*, White Pine Needles*, Rose Petals, Stevia Leaf*

“Lemon” Sunshine Blend (4 oz/8 oz) \$10/\$18

Lemon Balm*, Lemon Grass*, Lemon Verbena*

Light, Restorative Refresh (4 oz/8 oz) \$10/\$18

Tulsi*, Peppermint*, Calendula*, Orange Peel*

Single Dried Herb Varies

* Denotes Hand Harvested/Wildcrafted

BUNDLES & OTHER CREATIONS

Dental Remineralization Powder (1/2 oz) \$5

Herbal First Aid Kit Travel Size w/ Reference Chart \$33

Tincture Set of 12 - Build Your Apothecary! \$88

12 Tinctures of your choice in 1/2 oz Brown Amber glass dropper bottles. May include handcrafted stock level essences. General uses included.

Winter Herb Bundle \$77

8 oz Elderberry Syrup, 1 oz Elderberry Tincture, 4 oz Fever Tea Blend, 1 oz Plantain Salve, 1 oz Calendula Salve, 1oz. Rose Bliss PLUS Half Off ONE Acute Consultation



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HANDHARVESTED - DRIED HERBS

Available in Container Sizes of 4 oz and 8 oz

\$5 for 4 oz & \$10 for 8 oz

- Agrimony (*Agrimonia spp*)
- Alfalfa (*Medicago sativa*)
- Anise Hyssop (*Agastache foeniculum*)
- Birch Leaf (*Betula*)
- Birch Polypore (*Fomitopsis betulina*)
- Birch Tinder Conk (*Fomes fomentarius*)
- Blackberry Leaf (Variety unknown)
- Black Walnut Leaves (*Juglans nigra*)
- Blue Vervain (*Verbena hastata*)
- Boneset (*Eupatorium perfoliatum*)
- Borage (*Borago officinalis*)
- Burdock Leaf (*Arctium lappa*)
- Calendula Flowers (*Calendula off*)
- Calendula Leaves (*Calendula off*)
- Catnip (*Nepeta cataria*)
- Chamomile Leaves (German) (*Matricaria recutita*)
- Chickweed (not *Stellaria media*)
- Comfrey (*Symphytum officinale*)
- Corn Silk (*Zea Mays*)
- Dandelion Leaf (*Taraxacum off.*)
- Elder Flower (*Sambucus canadensis*)
- Elecampane Root (*Inula helenium*)
- Eucalyptus (*Eucalyptus cinera*)
- Gingko Leaf (*Gingko biloba*)
- Golden Rod (*Solidago spp.*)
- Hairy Wood Mint (*Blephilia hirsuta*)
- Hawthorn Berry (*Crataegus spp*)
- Hops (*Humulus lupulus*)
- Horsetail (*Equisetum arvense*)
- Lady's Mantle (*Alchemilla vulgaris*)
- Lemon Balm (*Melissa off*)
- Lemon Grass (*Cymbopogon citratus*)



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HANDHARVESTED - DRIED HERBS

Available in Container Sizes of 4 oz and 8 oz

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- Lemon Verbena (*Aloysia citriodora*)
- Linden (*Tilia spp.*)
- Mother Wort (*Leonurus cardiaca*)
- Mulberry Leaf (*Morus alba & Morus rubra*)
- Mullein (*Verbascum thapsus*)
- Nettles (*Urtica dioica*)
- Oat Straw (*Avena sativa*)
- Ox Eye Daisy (*Leucanthemum vulgare*)
- Pearly Everlasting (*Anaphalis margaritacea*)
- Peppermint (*Mentha piperita*)
- Plantain Leaf (*Plantago major*)
- Pomegranate Peel (Organic)
- Prickly Ash Bark (*Zanthoxylum americanum*)
- Purple Aster (*Symphyotrichum spp*)
- Raspberry Leaf- Black Cap (Variety unknown)
- Raspberry Leaf - Red (Variety unknown)
- Red Clover (*Trifolium pratense*)
- Forest Reishi (*Ganoderma*)
- Rosemary (*Salvia rosmarinus*)
- Sage (*Salvia officinalis*)
- Saint John's Wort (*Hypericum perforatum*)
- Sheep Sorrel - Aerial & Root (*Rumex acetosella*)
- Shiso (*Perilla*)
- Sumac (Variety unknown)
- Sweet Fern (*Comptonia peregrina*)
- Sweet Leaf/Bee Balm (*Monarda fistulosa*)
- Thyme (*Thymus spp.*)
- Turkey Tail (*Trametes versicolor*)
- Tulsi (Variety unknown)
- White Pine Needles (*Pinus strobus*)
- White Sage (*Salvia apiana*)
- Yarrow (*Achillea millefolium*)
- Yellow Tansy (*Tanacetum vulgare*)



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SOURCED - DRIED HERBS

Available in Container Sizes of 4 oz and 8 oz
Price Varies by Item

- Ashwagandha Root Powder (*Withania somnifera*)
- Calendula Petals (*Calendula spp*)
- Cinnamon Chips (*Cinnamomum burmanii*)
- Chamomile (German) (*Matricaria recutita*)
- Cleavers (*Galium aparine*)
- Cordyceps (*Cordyceps militaris*)
- Damiana Leaf (*Turnera diffusa*)
- Eleuthero (*Eleutherococcus senticosus*)
- Epimedium Leaf (*Epimedium koreanum*)
- Fenugreek Seed (*Trigonella foenum graecum*)
- Hawthorn Berries (*Crataegus monogyna*)
- Honeysuckle Flower (*Lonicera japonica*)
- Kava Kava Root Powder (*Piper methysticum*)
- Lavender Flowers (*Lavandin intermedia*)
- Licorice Root (*Glycyrrhiza gabra*)
- Marshmallow Root (*Althaea officinalis*)
- Milk Thistle Seed (*Silybum marianum*)
- Nettle Leaf (*Urtica dioica*)
- Nettle Root (*Urtica dioica*)
- Parsley (*Petroselinum crispum*)
- Pau d'Arco Bark (*Tabebuia impetiginosa*)
- Raspberry Leaf (*Rubus idaeus*)
- Red Root (*Ceanothus americanus*)
- Rhodiola (*Rhodiola rosea*)
- Rosehips (*Rosea canina*)
- Rose Petals (*Rosa spp*)
- Sarsaparilla Root (*Smilax medica*)
- Slipper Elm Powder (*Ulmus rubra*)
- Turkey Rhubarb (*Rheum sp*)
- Uva Ursi (*Arctostaphylos uva-ursi*)
- Wild Yam Root (*Dioscorea villosa*)
- Yarrow (*Achillea millefolium*)



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HANDCRAFTED OILS/SALVES

- Arnica Flower (*Arnica montana*)
- Black Walnut Leaves (*Juglans nigra*)
- Burdock Leaf (*Arctium lappa*)
- Calendula Flower (*Calendula off*)
- Calendula Flower Deep Infused (*Calendula off*)
- Chickweed (*Stelaria media*)
- Cleavers (*Galium aparine*)
- Comfrey (*Symphytum officinale*)
- Cotton Tree Bud (*Populus deltoides var. occidentalis*)
- Dandelion Flower (*Taraxacum off*)
- Dandelion Leaf (*Taraxacum off*)
- Elderflower (*Sambucus canadensis*)
- Golden Rod (*Solidago spp*)
- Horse Chestnut (*Aesculus hippocastanum*)
- Horsetail (*Equisetum arvense/hyemale*)
- Juniper (*Juniperus*)
- Lemon Balm (*Melissa officinalis*)
- Mugwort Deep Infused (*Artemisia vulgaris*)
- Mullein Flower (*Verbascum thapsus*)
- Nettle Leaf/Stem (*Urtica dioica*)
- Plantain (*Plantago major*)
- Prickly Ash (*Zanthoxylum americanum*)
- Purple Violet (*Viola spp*)
- Saint John's Wort (*Hypericum perforatum*)
- Saint John's Wort Deep Infused (*Hypericum perforatum*)
- Sweet Leaf/Bee Balm (*Monarda fistulosa*)
- White Oak Bark (*Quercus alba*)
- Yarrow (*Achillea millefolium*)
- Yellow Dock (*Rumex crispus*)



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HANDCRAFTED GLYCERITES

- Agrimony (*Agrimonia spp*)
- Hawthorn Berry (*Crataegus spp*)
- Mother Wort (*Leonurus cardiaca*)
- Saint John's Wort (*Hypericum perforatum*)

HANDCRAFTED OXYMELS

- Hawthorn Berry (*Crataegus spp*)
- Prickly Lettuce (*Lactuca serriola*)
- Saint John's Wort (*Hypericum perforatum*)

HANDCRAFTED TINCTURES

- Agrimony (*Agrimonia spp*)
- Amanita Yellow variety (*Amanita*)
- Angelica (*Angelica archangelica*)
- Anise Hyssop (*Agastache foeniculum*)
- Anise Seed (*Pimpinella anisum*)
- Ashwagandha Root (*Withania somnifera*)
- Baikal Skullcap (*Scutellaria baicalensis*)
- Bee Balm/Wild Oregano (*Monarda fistulosa*)
- Black Cohosh (*Actaea racemosa*)
- Black Medic (*Medicago lupulina*)
- Black Radish (*Raphanus sativus*)
- Black Walnut (*Juglans nigra*)
- Blue Cohosh (*Caulophyllum thalictroides*)
- Boneset (*Eupatorium perfoliatum*)
- Borage (*Borago officinalis*)
- Burdock Root (*Arctium lappa*)



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HANDCRAFTED TINCTURES

- Butter & Eggs (*Linaria spp*)
- Calendula Flower (*Calendula off*)
- Catnip (*Nepeta cataria*)
- Celandine (*Chelidonium majus*)
- Celery Seed (*Apium gravelons*)
- Chamomile (German) (*Matricaria recutita*)
- Chicken of the Woods (*Variety unknown*)
- Chickweed (*Stelaria media*)
- Chinese Cromwell (*Lithospermum erythrorhizon*)
- Cinquefoil (*Potentilla spp*)
- Cleavers - Sticky (*Galium aparine*)
- Cleavers (*Galium odoratum*)
- Cloves (*Syzygium aromaticum*)
- Comfrey (*Symphytum officinale*)
- Corn Silk (*Zea mays*)
- Cranberry (*Organic Culinary*)
- Dandelion Root (*Taraxacum off*)
- Dong quai (*Angelica sinensis*)
- Echinacea (*Echinacea purpurea*)
- Elderberry (*Sambucus canadensis*)
- Elderflower (*Sambucus canadensis*)
- Elderberry Leaf (*Sambucus canadensis*)
- Elecampane (*Inula helenium*)
- Eleuthero (*Eleutherococcus senticosus*)
- Erigeron/Fleabane (*Erigeron*)
- Eucalyptus (*Eucalyptus cinera*)
- Fennel Seed (*Foeniculum vulgare*)
- Fenugreek (*Trigonella foenum-graecum*)
- Gingko Leaf (*Gingko biloba*)
- Golden Rod (*Solidago spp*)
- Grindelia (*Grindelia*)
- Ground Ivy/Creeping Charlie (*Glechoma hederacea*)



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HANDCRAFTED TINCTURES

- Hawthorn (*Craetaegus spp*)
- Hops (*Humulus lupulus*)
- Horse Chestnut (*Aesculus hippocastanum*)
- Horsetail (*Equisetum arvense/hyemale*)
- Jewelweed (*Impatiens*)
- Joe Pye/Gravel Root (*Eutrochium purpureum*)
- Juniper (*Juniperus communis*)
- Lady's Mantle (*Alchemilla vulgaris*)
- Lady's Thumb (*Persicaria maculosa*)
- Lamb's Ear (*Stachys byzantina*)
- Lemon Balm (*Melissa officinalis*)
- Licorice Root (*Glycyrrhiza glabra*)
- Linden (*Tilia spp*)
- Lycopus/Bugle Weed (*Lycopus*)
- Marshmallow Root (*Althaea officinalis*)
- Milk Thistle (*Silybum marianum*)
- Motherwort (*Leonurus cardiaca*)
- Mugwort (*Artemisia vulgaris*)
- Mullein Leaf (*Verbascum thapsus*)
- Mullein Flower (*Verbascum thapsus*)
- Nettle Leaf/Stem (*Urtica dioica*)
- Nettles Root (*Urtica dioica*)
- Nettles Seed (*Urtica dioica*)
- Oregano (*Organum*)
- Passionflower (*Passiflora incarnata*)
- Peach Pit (Asian) (*Variety unknown*)
- Pearly Everlasting (*Anaphalis margaritacea*)
- Peppermint (*Mentha piperita*)
- Pine Cone (*Pinus strobus*)
- Pineapple Weed (*Matricaria discoidea*)
- Plantain (*Plantago major*)
- Pleurisy Root/Butterfly Weed (*Asclepias tuberosa*)
- Poke Root (*Phytolacca americana*)



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HANDCRAFTED TINCTURES

- Pomegranate Peel (*Organic*)
- Prickly Ash (*Zanthoxylum americanum*)
- Prickly Lettuce (*Lactuca serriola*)
- Propolis (*Resina propoli*)
- Purple Aster (*Symphotrichum spp*)
- Ragweed (*Ambrosia artemisiifolia*)
- Red Clover (*Trifolium pratense*)
- Red Oak Bark (*Quercus rubra*)
- Red Osier (*Cornus sericea*)
- Red Root (*Ceanothus americanus*)
- Rose Hips (*Rosa carnina*)
- Rose Hips (Wild) (*Rosa spp*)
- Rosemary (*Salvia rosmarinus*)
- Safflower (*Carthamus tinctorius*)
- Sage (*Salvia officinalis*)
- Saint John's Wort (*Hypericum perforatum*)
- Sheep Sorrel (*Rumex acetosella*)
- Shepherd's Purse (*Capsella bursa-pastoris*)
- Skull Cap (*Scutellaria lateriflora*)
- Spilanthes (*Acmella oleracea*)
- Stevia Leaf (*Stevia rebaudiana*)
- Stinkhorn (*Phallus spp*)
- Strawberry Leaf (Wild) (*Fragaria*)
- Sweet Annie (*Artemesia annua*)
- Sweet Fern (*Comptonia peregrina*)
- Sweet Leaf/Bee Balm (*Monarda fistulosa*)
- Thistle (*Variety unknown*)
- Thuja (*Thuja occidentalis*)
- Thuja Buds (*Thuja occidentalis*)
- Thyme (*Thymus spp*)
- True Solomon's Seal (*Polygonatum biflorum*)
- Turmeric (*Curcuma*)



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HANDCRAFTED TINCTURES

- Uva Ursi (*Arctostaphylos uva ursi*)
- Valerian (*Valeriana officinalis*)
- Blue Vervain (*Verbena hastata*)
- Hoary Vervain (*Verbena stricta*)
- White Vervain (*Verbena urticifolia*)
- Viburnum/Cramp Bark (*Viburnum trilobum*)
- Purple Violet (*Viola spp*)
- White Horehound (*Marrubium vulgare*)
- White Oak Bark (*Quercus alba*)
- White Peony Root (*Paeonia lactiflora*)
- White Sage (*Salvia apiana*)
- Wild Carrot (*Daucus carota*)
- Wild Cherry Bark (*Prunus serotina*)
- Wild Ginger Root (*Asarum canadensis*)
- Wild Indigo (*Baptisia tinctoria*)
- Wild Lettuce (*Lactuca spp.*)
- Wild Yam (*Dioscorea villosa*)
- Willow Bark (*Salix spp*)
- Wood Betony (*Betonica officinalis*)
- Wood Sorrel (*Oxalis spp*)
- Yarrow (*Achillea millefolium*)
- Yellow Dock (*Rumex crispus*)
- Yellow Tansy (*Tanacetum vulgare*)



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HANDCRAFTED FLOWER & GEM ESSENCES

- Blue Agate
- Blood Root
- Blue Flag Iris
- Calendula
- Columbine
- Comfrey
- Dandelion
- Day Lily (Orange)
- Easter Lily
- Elder Flower
- Ghost Pipe (*Monotropa*)
- Hydrangea
- Lillac
- Milkweed
- Moldavite
- Mother Wort
- Rose -Wild
- St. John's Wort
- Sunchoke
- Violet - Purple
- Winter Solstice 2020

Solara Soul Apothecary features small batch, handmade herbal products. I mindfully & sustainably wildcraft from the fields and forests of Wisconsin and Minnesota. I also organically grow the herbs in my gardens in Cable, WI and Golden Valley, MN. It is through these gifts from Mother Earth that I share with you to awaken your ancient wisdom within.

May the Alchemy of the Herbs... Amplify your Healing.

Amplify your Light.

Amplify your Life.

With Infinite Love & Gratitude,

Sonia Casey

Herbalist