



# 5 Ways to Balance *Winter Energetics*

*Warming and Nourishing  
Herbal Practices for Winter*

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**Energetics refer to the elemental presentation  
of people, places, plants, and seasons.**

*The energetics of Winter  
are cold, dry, and/or wet.*

*Balance these energetics with  
warming, nourishing foods and herbs.*

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## Take a Ginger bath.

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Energetics: *Warming*

Botanical Name: *Zingiber officinale* Common Names: *Ginger, Sheng Jiang*

Adding a tea made from ginger to the bath can help improve circulation and warm the body to the bone which is much needed in the winter months for balancing cold.

### *Indications:*

Taking a warm bath can increase circulation to the extremities, while getting the right herbs to move the lymphatic system - which moves our immune system through our body.

Ginger is not only warming to the body, it's a circulatory agent to get your blood moving. Meaning if you have chronic cold hands and feet, this is your winter ally!

### *Best Prepared As:*

1 lb ginger  
1 gallon water

Slice the ginger and decoct for ½ hour. Fill your bath with HOT water. Add the ginger decoction to the hot bath and enjoy the warmth to the core!

*\*we recommend sourcing this plant medicine from*

THE  
**SCARLET**  
SAGE<sup>HERB</sup>  
CO.



If you have trouble winding down and getting quality zzz's, Ashwagandha and Magnesium are your plant allies. We recommend this formula from New Chapter.

Energetics:

*Warming*

*Drying*

[Learn more](#)



## Rest, rest, and... more rest!

2

We can't say this one enough... take the time to relax and rest!

Winter is nature's invitation to restore. Everything around us in the natural world slows down in the winter months.

And while we (unfortunately) can't hibernate like bears, we can choose to prioritize restorative herbs, mindful practices, and quality sleep.



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## Use Angelica bitters.

Energetics:

*Warming, Drying, Moistening*

Botanical Name: *Angelica archangelica* Common Names: *Wild Celery, Archangel*

### From our elders:

"Although moistening by virtue of its oily content, angelica often has a warming and drying effect, removing water and mucus in the lungs and gastrointestinal tract."

- Matthew Wood

*Matthew Wood is a practicing herbalist for over thirty-five years and an internationally known teacher and author.*

### Indications:

If you feel cold and boggy in the Winter and your digestion slows, try these warming stimulating bitters before meals! You'll enliven your tissues with the warming essential oils and stimulate your digestive fluids all at the same time.

### Best Prepared As:

Tincture (dried root, 1:5, 65% alc)

If you're still getting used to medicine making, we recommend this citrus bitter from Urban Moonshine.

[Learn more](#)



## Drink Ginseng tea.

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Energetics:

*Warming, Moistening*

Botanical Name: *Panax ginseng* Common Names: *Asian Ginseng*

### Indications:

Older, colder, and drying out? If this description resonates, you know winter time can be exacerbating. Asian ginseng is stimulating, giving a boost of energy while improving circulation and moistening the body.

[Not a tea person? We also recommend this Herb Pharm tincture!](#)

### Best Prepared As:

Tea (2-4 ounces, 2x daily)





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## Try topical body oils.

### *Indications:*

Applying warming oils before a hot shower can moisturize your skin in the harshest of conditions (like winter!) When the hot water hits your skin, the pores open and absorb the oil more easily.

Energetics:

*Warming, Relaxing  
Grounding*

If you're interested in starting a topical body oil practice, we recommend this rejuvenating Ayurvedic oil with a synergistic blend of nine herbs, including ashwagandha, bala, and passionflower from Banyan.

[Learn more](#)



## Become *an herbalist.*

To go deeper into Western Herbal energetics, read our [blog post](#) from clinical herbalists and Verse team, Kelsey and Laura.

[Read the blog](#)

If you've dreamed of learning about herbs and connecting more deeply with plants, explore our [Herbalism Certification Online Programs!](#)

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