

ELIXIR COLLECTIVE NO. 6

SUMMER SOAK

To keep cool in the midsummer heat, we often seek places to bathe our bodies or even just our feet: the ocean, lake, river or pond become highly desired destinations of the hottest months. Immersing ourselves in water is one of the most universal human rituals, as it frees us of our weight and leaves us feeling pure. When we take the time to soak – not just to cleanse but to relax in water – we can find a meditative space that is both calming and refreshing. The Summer Soak is intended to give you an excuse to draw a bath, and to take your time in it: let the troubles of the day melt off of you and into the pool. If you are pinched for time or without a tub, a warm foot bath can work wonders. Sprinkle a handful of this blend into bathwater, or add a small handful to a pot with enough water to cover well above your ankles. Allow yourself to feel the salt and herbs soaking into your skin as you inhale its soothing aroma with deep, slow breaths. Take an extra few minutes to practice the art of leisure, let your mind wander, and remember that dedicating time to our bodies is one of the best ways to care for our being.

A true fusion of East + West, the Summer Soak combines salt of Hawaii with seasonal botanicals of the Northeast. HAWAIIAN SEA SALT, solar evaporated from the surrounding pristine waters of the Pacific, is a mineral rich detoxifier that pulls impurities out of the skin and reduces inflammation by improving circulation. Salt is known as Pa‘akai in Hawaiian – pa‘a means hardened and kai refers to the ocean – and salt water plays an integral part in their healing traditions that rely on the ocean’s ability to maintain health and relieve illness. The coarse salt is infused with Roses, Lavender flowers, Elderflowers, Honeysuckle flowers and Spearmint sourced family’s sprawling gardens of Massachusetts. This is where I first fell in love with the flora around me and was inspired to choose the path of an herbalist: while my soul is at home in Hawai‘i, a large piece of my heart remains with the land that nurtured my earliest escapades into the realm of plant based beauty and medicines.

The chosen herbs are a few of the first I came to know intimately, and were all grown, harvested and freshly dried in the gardens I tended to throughout my youth. Fuchsia colored ROSES in this blend are a true beauty in bloom, and offer emollient, astringent and antioxidant properties to improve the overall integrity of the skin. Fragrant purple LAVENDER flowers relieve pains of the body, ease itchiness, and lift the mood. The white and yellow blossoms of HONEYSUCKLE lend to their name Jin Yin Hua or ‘Silver Gold Flower’ in traditional Chinese medicine, and are favored for their gentle yet potent cooling nature and ability to treat topical infections and irritated skin. Creamy white ELDERFLOWERS go on to yield potent medicinal berries, but these petite floral clusters soften and smooth the complexion. Bright green SPEARMINT leaves, the final touch, impart coolness and are antiseptic to keep the skin clear. In unison, these herbal allies help to keep you grounded when the days are hot: Summer Soak will quiet the mind, lighten the body, and rejuvenate the skin – now, it is time to take a bath!

All herbs are finely ground to wash easily down your tub drain. The jar should last for 3-6 baths, and if kept dry can be used for up to a year. Printed on 100% recycled banana paper.