

## Cabinet Creations

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# Winter Skin Milk

Hydrate dry winter skin • Nourish with gentle oils •  
Soothe and soften naturally

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Prep: 10 min

Batch size: ~½ cup

Shelf life: 5-7 days  
refrigerated

### Ingredients

- ½ cup cooled herbal tea: 1 Tbsp oatstraw + 1 tsp calendula + ½ tsp rose petals steeped 20 min
- 2 Tbsp sweet almond or sunflower oil
- 1 tsp vegetable glycerin

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### Method:

- Combine all in a small jar.
  - Shake before each use.
  - Apply to damp skin after bathing.
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### Apothecary Notes:

- Winter skin needs water and oil – hydration first, nourishment second.
- This milk is designed for use immediately after bathing, when the skin is still damp and most receptive to moisture.
- The combination helps seal hydration in while gently restoring the skin's natural barrier.

