

HOW TO PREPARE ROSE HIPS

— *Simple Herbal Preparations* —

HERBAL TEA

1. Steep 2 tablespoons crushed rose hips in 1 cup hot water for 15–20 minutes.
2. Strain, add 1 cup honey, and bottle.



HERBAL SYRUP

1. Simmer 1 cup dried rose hips in 2 cups water for 20 minutes.
2. Strain, add 1 cup honey, and bottle.



OXYMEL

1. Combine equal parts crushed rose hips, apple cider vinegar, and honey in a jar.
2. Store and use after 2 weeks, shake daily.



INFUSED OIL

1. Fill a jar $\frac{3}{4}$ full with crushed rose hips.
2. Cover with oil. Infuse in a warm spot 4–6 weeks, then strain & bottle.



— ROSE HIPS REFLECT RESTORATION —

Steadily replenishes depleted systems and supports the body's gradual return to strength and balance.