



soundbody productions

**The plants that created these crèmes, salves and tinctures
are my companions and teachers.**

The beauty of their measure is nectar for the eyes, for the senses.

**They have been imbued with the sun, moon, rain, wind and fog,
ferry horns and crows cry and eagle watch;
in the temperate rainforest of the Pacific Northwest.**

**I believe they will serve your senses well;
and sing in the awakening of frequency shifting
and vibrational tonality.**

**The seeds have been intoned and seeded as prayer,
these plants have been listened to,
their songs sung, welcomed and admired
and appreciated throughout their life.**

Comfrey leaf, also known as bone and tissue mender, it restores the memory of cohesiveness to our connective tissue, it is a restorative agent in all salves and crèmes for hundreds of years.

Calendula, the golden rays of its form caresses and soothes any irritability in the skin and softly glides itself into deeper layers to soothe inflammation and eruptions at tissue level.

St John's Wort a master with its constant teachings and many uses.... it has much power in mending the nerve endings caused by stress to the area; its little yellow flowers when masticated in oil or alcohol become blood-like red. It is always included in our healing salves and crèmes as it feeds and nourishes our nervous system.

Lavender is one of the most powerful plants for our nervous system, plus it is an astringent and possesses antifungal and antibacterial properties. As a brilliant herbalist once said, "it is a kick-ass nervine".....food for nervous system.

Plantain is a must for us all to know as it will assist us when nothing else can, right on the spot, it will soothe and repair, a bite, a sting as a first aid plant; in our crèmes its century's old knowledge helps us remember the power of simplicity and that less is more and that we need to remember how easy it can be to feel well. In this formula it acts as a grounding foundational piece that assimilates the wisdom and calculates the need.

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