Lady’s Mantle

*Alchemilla Vulgaris*, *A. alpina*, *A. xanthochlora*, *A. mollis* *A. arvensis*

“Gnomes never become old because the drink and wash their faces with morning dew of Lady’s mantle” – Russian folktale

At dawn, our lady of the fields spreads out her green mantle. Drops of dew drip from it onto cupped leaves, sparkling in the first rays of the morning sun.” – Sister Clarissa

“What a charming little plant this is with its prettily shaped leaves holding drops of moisture that shine like pearls. A plant so dear to the alchemists, it must of course have many healing posers.” – Maurice Messegue

**Common Names & Etymology:**
Our Lady’s Mantle, Our Lady’s cloak, Mary’s Tears, Dewcup, Elfsesh, Nine hooks, great sanicle, Bear’s/Lamb’s/ Lion’s/ Duck’s Foot; *Old herbas mention*: Stellaria, Old syndow, Leontopodium.

Its botanical name *Alchemilla* is from the Arabic word, “alkimiy” meaning ‘universal cure for disease’ and linked to medieval alchemists who collected its dew collected for its purported magical and medicinal powers. Its common name *Lady’s Mantle* was accepted by Linnaeus and refers to the Virgin Mary; hence it is lady's mantle not ladies' mantle.

**Plant Family:**
Rosaceae (Rose family)

**Botany:**
Alchemilla is one of an aggregate of species collectively referred to as lady's mantle, all possessing similar medicinal properties. Other than *A. vulgaris*, *A. alpina*, *A. xanthochlora*, *A. mollis* *A. arvensis* are also used interchangeably.

Native to Europe, Asia, eastern Canada and northeastern Untied States in meadows, woodland clearings, pastures: a hardy long-lived herbaceous perennial. (A. arvensis is annual.) low-growing (to 2 ft) with a short rhizome: “carrying ascending or sprawling stems, and a rosette of basal leaves with dentate lobes of a circular or kidney-shaped outline. The metamorphosis of the leaves culminates in the tiny (1/8 in or 3 mm) flowers, which consist of four upper and four lower sepals (or bracts), four stamens, and a central pistil – there is no style, or petals. The inflorescence is a compound terminal cyme made up of dense clusters of small yellow-green flowers. Sepals are seen in two rings of four without petals. The fruit is of the achene type.

Alchemilla’s most striking feature is its accordion-like, cupped and folded leaves and the single drop of water that is almost always has in the morning. The 'dew' is actually a vascular secretion through specialized leaf structures called *Hydathodes* that secrete water. They are generally restricted to the apex or the serrated edges of the margins of leaves.

Moisture that dampens the soil overnight through shift in humidity of day atmosphere and other conditions rises up to the tips of the leaf's margins at night along with other soluble component of the cells, then rolls down into the cup to be reabsorbed in the late morning. It is theorized that the “transfer cells may also help in the retrieval of minerals and other components from the xylem elements and secreting out along with water.”
**Cultivation:**
Alchemilla prefers moderate to full sun. (If full sun can dry out the soil too much or is too hot in the garden it is best to plant it in a more gentle spot.) While it prefers the moist soil (with leaf-covering contributing to soil moistness as the plants mature), it doesn't like to sit in wet soil and is drought tolerant. Lady’s mantle is primarily a pasture plant but can grow in numerous environments from woodland edges and clearings, roadsides, open country from lowlands to high in hills and cliffs. It is also tolerant of many soils but does best in a soil that is slightly acidic to neutral, 5.5 - 7.5.

In the garden, lady’s mantle is a wonderful border plant or ground cover (A. mollis is often chosen for ground cover as it prefer more shade and moisture than other A species). When established, Alchemilla often self seeds throughout the garden, but it can be difficult to start from seed. However it does respond well to cuttings and root divisions as a means of propagation.

Old gardening traditions recommended planting Lady’s Mantle to encourage the faeries to live in the gardens as well.

**Parts Used:**
Leaf. Flowering Shoots, older uses also call for whole plant or fresh root.

**Harvest:**
Harvest the leaves and flowering tops in late spring and summer after the morning dew have dried. “Swiss herbal authorities recommend addressing the plant politely before gathering it.”

**Medicine Preparation:**
*Drying herb:* The leaves are hygroscopic and so it is best to dry the leaves during a dry spell of weather. Once they are dried to a crisp snap, they need to be put away in a jar or they will reabsorb moisture from the air, and attract mold.

*Tincture:* fresh or dried 30% - 50% alcohol

*Infusion or decoction:* for tea: 2 tsp. the dried herb per cup of infused for 15 minutes- 8 hours. Stronger dosage (to help diarrhea or as a mouthwash or lotion) is procured by longer infusion of 4 hours or more or short decoction helps to extract more of the tannins and minerals

*Infused oil:* traditional preparations  *Creams and lotions:* traditional preparations with strong tea.

**Major Constituents:**
Tannins, Tannin glycoside (glycosides of ellagic acid -- elagitarian). such as pedunculagin and alchemillin) Flavonoids (quercetin 3-O-β-D-glucuronide), Phytosterols. Volatile oil. Bitter principle. Saponins. mineral salts, Salicylic acid. traces of Essential oils.

**Cultural Traditions and Uses**
Lady's mantle has always had strong associations with the divine feminine. In Scandinavia and Germanic courties she was associated with the Friga, goddess of love and fertility. As Christianity spread throughout Europe, she became connected with Mother Mary. Many epithets then began with “Our Lady”. “Astrologically Lady’s Mantle was assigned to the planet Venus as documented by Culpepper in the 17th century.”

Lady’s mantle mysterious dew-like appearance of the expressed secretions is connected to the plant a magical reputation. Ancient tales advised the use of a moisture-laden leaf in a magic pouch to seal intention and magnify the power within. In Europe’s woodlands nature spirits were known to hide amongst its leaves and also use the dew
cup for their washbasin. Russian folktales teach that Gnomes never become old because they drink and wash their faces with morning dew of Lady’s mantle. In many places throughout Europe and Russia, women rub their faces with dew-covered leaves to clear and keep their face blemish-free. Medieval alchemists, who collected dew for its special vibratory properties, particularly revered ‘dewcup’ as she generously held the morning waters for easy collection. They bestowed the name little alchemist which became its botanical name.

In medieval tradition, Lady’s mantle was often used to treat wounds, and female ailments. Early herbalists believed that the lady's mantle possessed very effective contractile powers. It was thought that these powers could help in restoring a woman's lost virginity and could restore firmness to a woman's breasts. The herbalist John Gerard wrote that “It is applied to all inward wounds and outward hurts, it stoppeth bleeding, It keeps downe maidens paps or dugs.” [translation nipples / breasts] 16th century British herbalist John Parkinson also recommended its use, “It helpeth also such maides or women that have overgreat flagging beasts, causing them to grow lesse and hard.”

Parkinson also described the use of Alchemilla for women struggling to have children: “The distilled water drunke continually for twenty dates together, by such women as are barren and cannot conceive, or retaine the birth after conception ... will reduce their bodies to so good and conformable an estate that they shall thereby be made more fit and able to retaine the conception, and beare out their children”. It was said to be useful for a wide range of medical problems: inflammations, infections, bleedings, ruptures, bruises “by fals or otherwise”, vomiting, and “the overmuch flowing of the natural sickenes”. Small wonder, then, that the apothecary John Parkinson hailed it as “one of the most singular wound herbes that is”.

In Swedish traditional herbal medicine Lady's Mantle was given as a tincture in cases of spasmodic or convulsive disease and it was believed that if some of the herb was placed under the pillow at night would promote a good night's sleep.

**Lady’s Mantle as Medicine - Outline of Herbal Uses & Indications:**

**Tissue State:**
- Damp Relaxation, organ and tissue prolapse, los of tone, outflow of fluids

**Taste:**
- Astringent, Bitter, Dry, Neutral

**Energetic Qualities:**
- Astringent (drying, tightening, toning, building of tissue integrity) and mildly cooling (bitter compounds, rose family quality) but some sources describe it as mildly heating.
- But the 16th century the medical doctor Tabernaemontanus addressed this mild modern herbal controversy by noting ‘agreeable temperature’ which is neither too hot nor too cold and has the astringent medicinal properties to ‘consolidate’ and ‘dry’ both internally and externally

**Actions:**
- Astringent, diuretic, anti-inflammatory, emmenagogue, vulnerary styptic, hemostatic, antibacterial, antifungal, antioxidant,
- [Some sources attribute diuretic properties, but it is a confusion of its ability to pull excess water from the tissues]

**Signatures / Associations:**
- “Lady's Mantle is dominated by the green leaf. The leaves form a cupped hand, in a gesture of holding and receptivity. The lower leaves grow in dense clusters, forming a "canopy" over the earth. Overall, this is a low-growing plant staying close to the earth. An embracing gesture pervades the plant - every leaf is curving softly wanting to hold what then grows inside of it. The flower-like gesture of forming a cup, making an inner space pervades the whole of the plant, the holding gesture is seen in each refinement of metamorphosis. In Lady's Mantle the leaf takes on some of the nectar-producing flower qualities in its exudation.
The leaf is flower-like in that it already forms a chalice. What appears as the flower is actually a calyx. The whole plant can really be seen as a "calyx" in its gesture, thus the "flower" is green - it remains a leaf calyx.

The dew first collects in the center of the plant, then disperses itself to the edges of the leaves, creating a jeweled effect – the leaves wear a sparkling “necklace” of dew drops which shine in the morning light. The dew of the Alchemilla has a “mercurial” quality – like mercury when it spills, it forms smaller globules, congealing itself into round drops of dew. This dew formation stays on the plant well past the time other plants have lost their moisture to the heat of the sun. Alchemilla prefers the cool moist qualities of the earth. It wants to hold the water element in close connection with the earth. It does not want to grow up into the sun, nor does it flourish as well in hot weather.” [Flower Essence Society]

“From a spiritual and emotional standpoint, Lady’s Mantle also offers many personally enriching qualities. Cellular integrity translates to personal integrity, poise and refinement. She provides a shield of psychological protection and once you’ve formed a bond with her, you’ll emanate a sphere of positive influence to the world around you. Cultivating our relationship to the sacred feminine embodies creativity, sensuality, and divinity in the process of nurturing our positive influence to the world around you. We can access the personal power necessary to release the pain from old wounds and support the development of our most radiant self.”

**Doses:**
Tincture: take 1-2 ml of the tincture 3x a day or low energetic dose 3 drops 3x a day.
Tea: 3 cups a day.

**Specific Indications:**

- **Relaxed damp tissues state:** Specifically indicated for conditions where tissues have lost their ‘tone,’ i.e., their ability to contract (saggy, prolapsed) and releases excess secretions from tissues. Strengthens-tones fibers. Brings together torn tissues. Lifts tissues that have become saggy. “Management and economy of water” in the body. It’s particular and much noted quality of exuding fluids and reabsorbing them offers a window into its action. Matthew Wood in *The Book of Herbal Wisdom* refers to a subtle dimension of this action. “Lady’s Mantle must correspond to processes which encourage cohesion on the surface of the droplet and prevent vaporization, while at the same time…it must possess the ability to refine and distill fluids into their most subtle expression or ‘essence.’”

- **Excessive fluid loss, bleeding and secretions of most any cause**

- **Sensitive, fatigued women with pale skin, the blue veins showing through the skin.** It removes venous blood stagnation, seen in a sluggish, dark flow with internal congestion. It also moves the blood down and out. [William LeSassier]²

- **The herb, as well as the flower essence, offers a sense of containment and protection** (the wrap of the mantle) and develops a sense of feminine strength and creativity (whether male or female). European herbalists Peter and Barbara Theiss echo this use, “Lady’s mantle is associated with the qualities of gentleness, elegance and grace in combination with powerful authority. If a woman finds difficulty in accepting a maternal role, is troubled by thoughts of abortion and suffers from morning sickness and other disorders during the first months of pregnancy, depression after birth and so on, Lady’s mantle is her herb.”¹¹

- **Uterine and pelvic astringent:** Prolapse of uterus. Poor tone in the pelvic floor. Rectal tear.

- **Menstrual bleeding imbalances:** used for both excessive and absence of menstrual bleeding. As an emmenagogue it stimulates the proper menstrual flow if there is any resistance. As an astringent it helps to arrest excessive bleeding (often formulated with shepherds purse). Alchemilla is also helpful for non-menstrual bleeding of the womb.

- **Menstrual cycle regulator:** Helps reduce painful menses.

- **Fertility:** European traditions revered lady’s mantle as an aid to conception. Gypsy herbalist, Juliette De Bairacli Levy employed lady’s mantle as a female tonic and remedy for the “organs of generation,” particularly

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to cure infertility and restore normal menstruation.\textsuperscript{10} The flower essence is also used similarly as an aid to fertility. In the 16\textsuperscript{th} century Tabernaemontanus specifically it is indicated for conditions where when “the mother (cervix) is too slippery and too wide open so that the semen flows away from it making conception impossible.”\textsuperscript{13}

\textbf{Pregnancy:} a traditional partus preparatory (last three months of pregnancy like and along with raspberry its cousin with similar gentle astringing attributes) After childbirth: for recovery, toning and incontinence (bathing and as a tea) “As a bonus, it promotes milk production in breastfeeding mothers and its calming effect makes for a good sleep.”\textsuperscript{13}

\textbf{Menopause:} a role in easing the changes of the menopause and the sweats of hot flashes (useful with Sage)

\textbf{Fibroids & endometriosis} treatment.

\textbf{Vaginal irritation and infections, Vaginitis, Candida:} according to Salmon. “It is a peculiar thing to stop the whites in women, being esteemed more powerful for this purpose than most other things.”\textsuperscript{2} Decoctions made from lady’s mantle can be used as a vaginal douche to wash off excess vaginal discharge, along with its use internally for such conditions

\textbf{Toning properties for sagging breasts:} tea internally and topically cold compresses

\textbf{Wounds cuts scraps and burns:} a revered and excellent vulnerary; “strengthens-tones fibers. Brings together torn tissues”; powder can be applied to wounds; Controls pain associated with damp wounds. The old herbals all testify to lady’s mantle’s use as a wound wort.

- Culpepper says “Lady’s Mantle is very proper for inflamed wounds and to stay bleeding, vomitings, fluxes of all sorts, bruises by falls and ruptures. It is one of the most singular wound herbs and therefore highly prized and praised, used in all wounds inward and outward, to drink a decoction thereof and wash the wounds therewith, or dip tents therein and put them into the wounds which wonderfully drieth up all humidity of the sores and abateth all inflammations thereof. It quickly healeth green wounds, not suffering any corrosion to remain behind and cureth old sores, though fistulous and hollow.”

- “Salmon (1710) gives an extensive summary of this tradition: ”In simple green wounds or cuts, it has such an exquisite faculty of speedy healing, that it cures it at the first intention, Consolidating the lips thereof, without . . . suffering any corruption to remain behind.” Yet, if a wound becomes infected, ”it is one of the best of vulneraries, for it digests [corrupted material] if need be, absterses or cleanses, incarnates [new tissue], dries and heals, almost to a miracle.” It is useful for discharging hollow wounds, ulcers, fistulas and sores.”\textsuperscript{2} (Consider formulating with Gotu Kola to aid healing for scar tissue)

\textbf{Perforated ear-drums, scar tissue on the ear drum} Ear infections\textsuperscript{2}

\textbf{Excessive bleeding of any cause} internally and externally; Alchemilla has a potent astringent action that can staunch the flow of blood and allow the healing process to begin. Also traditionally used to heal bruises.

\textbf{Diarrhea and colitis with bleeding} astringency provides a role in its treatment

Traditionally, women were taught to take a course of Lady’s Mantle tea at the turn of every season to ‘tune’ the delicate reproductive system and safeguard a ‘woman’s happiness’. Based on its wide ranging tonifying actions Lady’s Mantle is an important ingredient in women’s health teas, in hormone balancing teas as well as pregnancy and breastfeeding teas. Thus we can conclude that Lady’s Mantle is a woman’s best friend. This benevolent plant will accompany her through all the physiological stages of her life and be of invaluable service in keeping her healthy and happy.\textsuperscript{13} Sandra Clair, New Zealand Herbalist

A Few Modern Studies of Lady’s Mantle’s Actions

the water extract of A. xanthochlora possesses lipid peroxidation and superoxide anion scavenging activity.\textsuperscript{6} Several Rosaceae species, including A. xanthochlora, have high tannin content and elastase inhibit activity.\textsuperscript{7} Flavonoids extracted from Alchemilla inhibit the activity of the proteolytic enzymes elastase, trypsin and alpha-chymotrypsin.\textsuperscript{8} These results suggest a possible role by these inhibitors in the protection of conjunctive and elastic tissues. A study on the mutagenic potencies of several plant extracts (including Tinctura Alchemillae) containing quercetin in Salmonella typhimurium TA98 and TA100 found that the mutagenic potential of the plant extracts correlates well with their quercetin content.\textsuperscript{8} The cytostatic activity of a lactone fraction from Alchemilla pastoralis also has been reported.\textsuperscript{9}
World disorders: indicated for tissues need to be strengthened and tightened; tissue healing role for gut permeability; Hernia Indigestion Nausea

Mouth ulcers, sores used as a mouthwash and as a gargle for laryngitis

Cardiovascular Strengthens heart muscles walls-atria. Its tannins control the outflow of water and its salicylates thin the blood and increase flow-ability of fluids. With Shepherd’s Purse and Horse chestnut, lady’s mantle is very effective in the treatment various prolapses, including varicosities.

Conjunctivitis (external): use as a well strain eye wash

Migraines and Headaches: associated from venous stagnation, congested blood and menstrual difficulty

Damp and torn Muscular Skeletal ailments: joint pains related to dampness; arthritis; rheumatism. Colonial herbalist Salmon recommended the external application of the oil for such ailments. Alchemilla has also been used as relaxant for muscular spasms

Heat. The high salicylic acid content is useful in treating inflammation and fevers

Gentle astringent for skin: gentle enough for the skin under the eyes, but also used for stretch marks widely in bath preparations, wound healing, skin bruises, and as an herbal cosmetic.

Balancing moisturizer for the skin that also acts on the production of sebum, reducing and adjusting it to avoid oily skin or the appearance of blemishes. Folk traditions used topical preparations to lighted freckles. Lady’s Mantle makes an excellent addition to creams, lotions soaps and baths.

Contraindications & Cautions:
No known contraindications and Safety is classified as a class 1
Lady’s Mantle is a very safe herb to take in high or frequent doses when needed.

Pregnancy: It has been used by women to prepare for pregnancy and who are pregnant and may even help with preventing miscarriage if the cause is a uterus that is not sufficiently holding its tone. It has been traditional used in the last 3 months as a partus preparatory.

Occasional sources recommend avoiding during pregnancy, but the Botanical Safety Handbook states: “No information on the safety of lady’s mantle in pregnancy or lactation was identified in the scientific or traditional literature. Although this review did not identify any concerns for use while pregnant or nursing, safety has not been conclusively established.”

Lady’s Mantle as Flower Essence
Lady’s Mantle Alchemilla vulgaris [Delta Gardens] – For imbalances or adaptations that has not learned the true value and presence of the feminine for both men and women. For overly dependent. Strengthens one’s ability to contain and to use feminine energy / power. Develops sensitivity or self-awareness. For those who have anger attacks. Imparts a feeling of strength and protection, which supports the ability to contain and to use one’s own feminine energies. For blocked creativity, lack of confidence, for those who feel unexpressed. Enhances expression of creativity or spiritual development. Imparts a feeling of strength and protection, supporting the expression of the feminine energies such as empathy, creativity, intuition, wisdom, spirituality, for both men and women.

Lady’s Mantle - Flower Essence Profile by David Dalton
A strikingly lovely low-growing plant with broad horizontal leaves which expel and hold large droplets of water, and small yellow star-shaped flowers. It has been used herbally to heal damp and congested areas, and more recently as an herbal remedy to help retain firmness in sagging muscle tissue.
**Indications:** complains regularly, feels victimized, can’t feel one’s self apart from others, over dependent, never satisfied, feels unprotected, fears being judged, fears being exposed, feels envious of others, has a slumping posture; apologizes frequently, blames self for others’ problems, has blocked creativity, is scattered or confused, is conflicted, fears leaving home, feels helpless, feels unexpressed, feels insecure, feels uncertain about identity or career, looks pale, feels weak, is frustrated, agitated or restless, feels dissatisfaction, has anger attacks, indulges in private feelings of self pity, reluctant to engage with others, does not feel confident, can be anemic, feels weak, has poor muscle tone.

The feminine aspects of the personality need safety and incubation in order to incarnate fully. It is, in fact, a recessive part of the personality, which needs the right conditions to gain a foothold in the psyche. The healthy feminine side is empathetic, but self-aware; sensitive but secure; risk-taking but cautious; self-serving but generous; ambitious but able to celebrate others’ victories; is creative but practical; has a strength which respects its own limitations; nurtures others and takes care of self. This is not an easy balancing act. Furthermore, the development of the feminine in the personality is made consummately more difficult in a childhood or in cultures where respect for the value of the women or the feminine in the personality are not held in respect and importance.

Lady’s Mantle is an essence that strengthens an individual’s ability to contain and to use feminine energy or more accurately, feminine power. For both men and women there are imbalances or adaptations in the personality that has not learned the true value and presence of the feminine. One may say that bravado, for instance is a kind of confidence, that lacks sensitivity or self-awareness, and in this light is confidence that is absent its feminine counterpart, and in the truest sense, not confidence at all. Empathy, creativity, intuition, wisdom, spirituality, a relationship to one’s true calling, a deep sense of personal empowerment, an active and positive relationship with people are all aspects of the feminine which, when given support flourishes in the personality. The essence imparts a feeling of strength and protection, which makes the expression of the feminine more possible and likely.

Energetically, both charkas two and three are strengthened, and the relationship between them is enhanced. These two charkas are designed to work together as a team. With this essence, energy is better able to flow between these two centers without the constant domination of one over the other. A weakness in either charka will be eased. An unconfident person will feel more strength; an insensitive or unemotional person, more feeling.

A second energetic benefit comes about by the stabilizing of the exchange between charkas two and three. The emotional and mental bodies, which are attached to charkas, two and three strengthen so there is less leakage of one into the other. The result is better emotional and mental clarity. The entire protective field responds by contracting slightly; this contraction is beneficial for healing torn tissue in the physical, and for strength in the nervous system and the muscles. The slight contraction of the field also helps a person feel more safe, secure and stable. There are dozens of applications for this essence and many ways that the personality responds. One can treat lack of confidence or over confidence; feelings of helplessness, powerlessness, insensitivity, doubt, insecurity, uncertainty and alienation. It is excellent for women who are regaining a lost sense of self or men who are having identity or mid-life crises. It is excellent for spiritual development or expression of creativity.

Use this essence for women who are taking new risks in their lives, for men who are motivated to improve relationships, and for children beginning to socialize; it is a good remedy for the oldest boy or girl in the family; use it to treat overly aggressive or anti-social animals and pets immediately after being neutered.

**Lady’s Mantle Alchemilla vulgaris [Flower Essence Society] – Alignment with the living dew mantle (hydrosphere) of the Earth; ability to bring magnetic living “green” forces through one’s heart and hands; alchemical healing which ignites body and soul with life force and higher consciousness**

**FES research notes –** As an herbal remedy the Lady’s Mantle has been used for childbirth and recovery after giving birth. It was generally used to heal the female reproductive system. These herbal qualities are reflected at another octave as a flower essence. The Lady’s Mantle flower essence is beneficial for healers, teachers and others
who have a great love for the earth, and who aspire to work from their highest ideals to serve others. This love for the earth means that we come to recognize her as a living being, and be willing to take on her suffering, allowing the chalice of our own hearts to emanate her life essence. We could say that just as the gardener must have a green thumb, so the person who heals with plants and wishes to serve the earth, must have a “green heart.” The Lady’s Mantle is also indicated for women with a strong history of reproductive trauma, who may bear within their wombs not only their own personal karma, but also the suffering and longing of the earth herself. It is one of the green flowers that helps to align the human heart with the heart of the living earth.

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Lady’s Mantle as Homeopathic Remedy

Alchemilla complex A.Vogel: “For flexible and supple joints; helping to maintain a good condition of the lubricant and maintaining healthy cartilage.”


Dream: Working too much, in a caring institution, refusing the reward for it, giving gifts, being criticized for the work. (They have a very loving and helping quality. Mistakes are often covered with the cloak of love. They want to spread love in the world, bring harmony in the people around them. They can be very perfectionistic in their work and actions. This often results in much criticism toward themselves. They have the feeling that they should do better. They have a marriage in which they do the most, but they like that. Even when the partner is not friendly or is even violent, they keep on helping and loving)”

Lady’s Mantle Recipes

Lady’s Mantle Hand Lotion

Recipe from Lesley Bremnes on the Herb Society Forum

- 30ml glycerin
- 30ml strong infusion of lady’s mantle
- 10g carragheen moss dissolved in a little hot water
- 10 drops of essential oil of lemon, rose, geranium or sandalwood
- 60ml alcohol (Vodka)

Method

1 Stir the glycerin into the dissolved moss
2 Add the essential oil to the vodka mixing well, and then blend the two mixtures. Stir in the herbal infusion, blending well.
3 Pour in a screw-top jar and label. Shake before use if necessary.

Alchemilla Cream for Stretch Marks source forthcoming

- 3 Tbsp alchemilla powder.
- 2 tsp. of ground coffee.
- 2 tablespoons of aloe vera gel.
- Half a glass of water
- drops of orange essential oil.

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By mixing these substances can create a special cream for stretch marks very useful and effective by applying it every day on the affected areas by stretch marks.

**Lady’s Mantle Tonic Astringent**

*For the Face, Breast or any Part of Body*

Prepare the decoction by boiling for 10 minutes 100 g of leaves in a liter of cold water, filter. Apply topically with soaked cotton warm or cold.

**Sources:**
2. Matthew Wood, *The Earthwise Herbal* volume 1
3. Igor Vilevich Zevin, *A Russian Herbal*
11. Peter and Barbara Theiss, *The Family Herbal*

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*When we contemplate the whole globe as one great dewdrop... the whole universe appears as an infinite storm of beauty.*

*John Muir*