

# Simmer Pot Recipes

Yield: Approx. 1 pot

## Clear & Calm Simmer Pot

### Ingredients:

1 lemon, sliced

1 small handful fresh or dried rosemary

1 Tbsp dried lavender

1 tsp vanilla extract or a vanilla bean scrap

Optional: pinch of salt (for energetic clearing)

### What It's For:

This blend helps clear out mental fog and emotional clutter. Lemon & rosemary lift stagnant energy and boost clarity, while lavender soothes nerves and vanilla warms the mood. Best used at the end of a busy week or when you're resetting your space for the new season.

## Emotional Reset Simmer Pot

### Ingredients:

Peel from 1 orange or tangerine

1 Tbsp dried chamomile

1 Tbsp dried calendula or marigold petals

1 cinnamon stick

Optional: a few rose petals or rosewater

### What It's For:

Perfect for transitional days when moods feel wobbly or you (or your littles) feel sensitive. Chamomile and calendula offer emotional comfort, citrus uplifts, and cinnamon adds grounding warmth. Great to simmer while doing light cleaning or family journaling.



# Simmer Pot Recipes

Yield: Approx.1 pot

## Ground & Recenter Simmer Pot

### Ingredients:

1 bay leaf

2 sprigs of fresh thyme or 1 tsp dried thyme

1 Tbsp dried sage

1 apple, chopped

Optional: a few crushed cloves or black peppercorns

### What It's For:

This earthy blend supports grounded energy, protection, and emotional stability. Bay and sage have long been used for clearing and anchoring intentions, and thyme boosts emotional resilience. Use this blend during early morning or evening transitions, or when shifting into a new school/work rhythm.