

SIERRA Y CIELO

# Apothecary Catalog

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PRODUCTS HANDCRAFTED IN SMALL BATCHES WITH  
THE HIGHEST QUALITY ORGANIC, HOMEGROWN &  
LOCALLY SOURCED INGREDIENTS



ORDERS: 095-898-6983 – WHATSAPP, TELEGRAM, OR SMS

# HERBAL EXTRACTS

EXTRACTS CONTAIN 30% ALCOHOL

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## AJI

Aji tincture has a wide array of uses, making it a great addition to your first aid kit. It helps to improve circulation and to stop hemorrhaging & internal bleeding. It is a digestive aid that relieves cramping and gas. It also helps to eliminate excess mucus. Read more about it's health benefits [on our blog](#).

**Ingredients:** organic aji peppers (*Capsicum pubescens*),\* medicinal grade alcohol & mountain spring water



50 ml – \$8

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## BIDENS

*Bidens pilosa*, commonly called Spanish needle, has long been utilized in folk medicine to treat ear and skin infections, kidney problems, malaria, and various stomach and liver disorders. Research has demonstrated its antitumor, anti-inflammatory, antidiabetic, antioxidant, immunomodulatory, antimalarial, antibacterial, and antifungal properties.

**Ingredients:** *Bidens pilosa*,\* medicinal grade alcohol & mountain spring water



50 ml – \$8

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## CHAMOMILE

Chamomile is a gentle, calming herb. It helps to ease stress and anxiety. It soothes pain & tension and can relieve menstrual cramps. It is safe for children and can be used for teething pain, colic, and whining.

**Ingredients:** Chamomile (*Matricaria recutita*), medicinal grade alcohol & mountain spring water



50 ml – \$8

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## COFFEE BERRY

DOUBLE EXTRACTION

Studies have shown that antioxidant rich coffee berries have a protective effect on the brain, helping to prevent Alzheimer's disease & dementia, and can help to boost mood and cognition. They may also be helpful for improving immune function and cardiovascular health.

**Ingredients:** organic coffee berries (*Coffea arabica*),\* medicinal grade alcohol & mountain spring water



50 ml – \$8.50

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# DANDELION

A tonic & bitter herb, dandelion is beneficial to overall liver health and function, helping to improve the elimination of toxins from the blood. Dandelion improves stomach and intestinal health and can be useful in easing stomachaches.

**Ingredients:** organic dandelion greens, flowers, & roots (*Taraxacum officinale*), medicinal grade alcohol, and mountain spring water



50 ml – \$8

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# ELDER FLOWER

Elder flower is traditionally used to support the body during fever. It is gently relaxing to the respiratory system and can be helpful for congestion and wheezing.

**Ingredients:** elder flower (*Sambucus canadensis*),\* medicinal grade alcohol, & mountain spring water



50 ml – \$8

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# FEVERFEW

Feverfew has been shown to be helpful for easing headaches and migraines. It works best as a migraine preventive when used consistently at the first sign of an attack.

**Ingredients:** feverfew (*Tanacetum parthenium*), medicinal grade alcohol, & mountain spring water



50 ml – \$9

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# FLOR DE JAMAICA

Studies show that flor de jamaica may be helpful for lowering blood pressure and cholesterol, promoting weight loss, boosting liver health, and more.

**Ingredients:** fresh flor de Jamaica calyces (*Hibiscus sabdariffa*), medicinal grade alcohol & mountain spring water



50 ml – \$9

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# GUAYUSA

Guayusa boosts energy levels, supports memory, and improves mental alertness & focus.

**Ingredients:** fresh guayusa leaf (*Ilex guayusa*), medicinal grade alcohol & mountain spring water



50 ml – \$10

# HORSETAIL

Horsetail is commonly utilized for its anti-inflammatory, diuretic effects which help to support the health of the kidneys and urinary system. It is also beneficial for promoting bone healing. **Note:** avoid prolonged use of this herb.

**Ingredients:** horsetail (*Equisetum bogotense*), medicinal grade alcohol, and mountain spring water

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50 ml – \$8

# MOTHERWORT

A lovely herb for mommas. Motherwort is a uterine tonic that can ease menstrual cramps. It is an excellent postpartum herb that helps prevent hemorrhage, relieves after pains, and aids new moms as they process an array of emotions.

**Ingredients:** fresh organic motherwort leaf (*Leonurus cardiaca*),\* medicinal grade alcohol & mountain spring water

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50 ml – \$10

# NETTLE

Nettle promotes kidney & urinary tract health. It is an ally for skin inflammation & rashes and may help ease allergies & hay fever. It also reduces diarrhea & excessive menstrual flow.

**Ingredients:** fresh nettle leaf (*Urtica dioica*),\* medicinal grade alcohol, & mountain spring water

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50 ml – \$8.50

# NONI

There is a great deal of modern research that shows the benefits of noni for preventing and treating a variety of health issues. It has a protective effect on the liver and brain. It boosts immune function and has promising anti-tumor and cancer fighting effects. Noni also promotes healthy menstruation, and can ease period cramps. Do not use noni during pregnancy. Read more about noni on our blog. **Ingredients:** organic noni fruit (*Morinda citrifolia*), medicinal grade alcohol & mountain spring water



50 ml – \$10

# PEACH LEAF

Peach is regarded for its tasty fruits, but it's leaves are a little known cooling, anti-inflammatory tonic. Peach leaf helps to relieve nausea and can be helpful for easing morning sickness during pregnancy. It's a soothing, relaxing herb that is helpful for anxiety and insomnia.

**Ingredients:** organic peach leaf (*Prunus persica*),\* medicinal grade alcohol & mountain spring water

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50 ml – \$8.50

# ROSE

Rose is an uplifting herb that is well loved for its ability to open the heart and to ease irritability, anger, insecurity, grief, anxiety, and depression. It can be helpful for easing PMS symptoms including pain, cramping, and emotional imbalance.



**Ingredients:** organic roses (*Rosa manetti*),\* medicinal grade alcohol & mountain spring water

50 ml – \$8.50

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# SPILANTHES

Studies demonstrate spilanthes' anti-inflammatory, anti-oxidant, and pain relieving properties. It also helps boost immune function, and has been used traditionally to support the body in case of cold, flu, & respiratory infections.



**Ingredients:** Spilanthes (*Acmella oleracea*),\* medicinal grade alcohol & mountain spring water

50 ml – \$10

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# VALERIAN

This lovely herb is sedative, pain relieving, and soothing to the nervous system. It's a valuable sleep aid, helps relieve muscle spasms, calms anxiety & panic, and is good for general pain relief and can help to ease menstrual cramps.



While many people find valerian to be relaxing, a small percentage of people actually experience a stimulating effect from this herb. If you haven't taken valerian before, try a small dose to see how it will affect you.

**Ingredients:** valerian root (*Valeriana officinalis*), medicinal grade alcohol, & mountain spring water

50 ml – \$9

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# DIGESTIVE BITTERS



An invaluable remedy to have on hand for a wide variety of stomach issues. Digestive bitters tincture aids digestion, relieves gas & bloating, and can be helpful for nausea, vomiting, and diarrhea.



**Ingredients:** bitter dock (*Rumex obtusifolius*),\* chamomile (*Matricaria recutita*), orange peel (*Citrus sinensis*), ginger (*Zingiber officinale*), medicinal grade alcohol, & mountain spring water

50 ml – \$8.50

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# HYDROSOLS

50 ml – \$5

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## CYPRESS

Cypress hydrosol has a refreshing, energizing scent. It has antibacterial, antimicrobial, and antifungal properties. Use it in cosmetics or on its own as a cleansing facial toner.

This steam distilled hydrosol is made from the twigs, stems, and leaves of cypress trees (*Cupressus* sp.) grown on our land.

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## ECUADORIAN OREGANO

Ecuadorian oregano has antimicrobial properties. It can be used topically for sore, tired muscles due to its anti-inflammatory, analgesic effects.

This steam distilled hydrosol is made from the stems and leaves and stems of organic Ecuadorian oregano (*Plectranthus ambionicus*) grown in our gardens.

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## EUCALYPTUS

Eucalyptus is invigorating and purifying. Use the hydrosol as a refreshing room spritz, or add to aromatherapy blends, and body sprays.

This steam distilled hydrosol is made from the leaves of eucalyptus trees (*Eucalyptus globulus*) grown on our land.

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## HUACATAY

Huacatay is a marigold family plant that is native to South America. It has calming, relaxing effects. It also has antibacterial properties. It has a unique, complex scent that enhances aromatherapy blends. Note: Avoid using topically prior to sun exposure.

This steam distilled hydrosol is made from organic huacatay (*Tagetes minuta*) grown in our gardens.

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## MATICO

Matico is used to promote the healing of cuts, insect bites, inflamed skin, and abrasions. It can be applied to small wounds, rashes, bug bites, and boils, or used as a facial toner

This steam distilled hydrosol is made from matico leaves (*Piper aduncum*) grown on our land.

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## ORANGE

A cheerful and uplifting hydrosol that can be used in cosmetics, room spritzes, and body sprays. It has antimicrobial and insecticidal properties. Note: cold pressed citrus oils are typically phototoxic, but steam distilled citrus hydrosol is safe to apply to skin.

This steam distilled hydrosol is made from locally grown organic oranges (*Citrus × sinensis*).

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# PINE

Pine hydrosol has antimicrobial properties. It is uplifting and invigorating. It can be used as a refreshing skin toner, body spray, or room spritz. ,

This steam distilled hydrosol is made from Mexican weeping pine (*Pinus patula*) grown on our land.

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# TEA TREE

Tea tree is antiseptic, anti-fungal, and anti-inflammatory. It is helpful for preventing infection and treating fungal infections or rashes. Use it in cosmetics or on its own as a cleansing facial toner. It also makes a nice addition to body sprays.

This steam distilled hydrosol is made from tea tree (*Melaleuca alternifolia*) grown in our gardens.

# ESSENTIAL OILS

2 ml – \$2  
10 ml – \$10

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## EUCALYPTUS

Eucalyptus is invigorating and purifying. Use the hydrosol as a refreshing room spritz, or add to aromatherapy blends, and body sprays.

This steam distilled essential oil is made from the leaves of eucalyptus trees (*Eucalyptus globulus*) grown on our land.

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Tea tree is antiseptic, anti-fungal, and anti-inflammatory. It is helpful for preventing infection and treating fungal infections or rashes. Use it in cosmetics or on its own as a cleansing facial toner. It also makes a nice addition to body sprays.

This steam distilled essential oil is made from tea tree (*Melaleuca alternifolia*) grown in our gardens.

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# SALVES

10 ml – \$3.50

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## SOOTHING SKIN SALVE

This salve combines our favorite soothing herbs help to relieve itchy, irritated skin. Strawberry leaf is well suited for healing skin conditions and is especially indicated for eczema. Chickweed softens, heals, and protects the skin. It's particularly useful for soothing irritation, itchy skin, and insect bites. Plantain is cooling, and healing herb. Spearmint helps ease skin sensitivity and is helpful for itchy skin problems, including eczema.

**To use:** apply liberally to itchy dry skin, rashes, insect bites, and eczema. Reapply as needed.

**Ingredients:** sunflower oil (*Helianthus annuus*), cacao butter (*Theobroma cacao*), beeswax, chickweed (*Stellaria media*),\* spearmint (*Mentha spicata*),\* plantain (*Plantago major*),\* strawberry leaf (*Fragaria spp.*),\* & wintergreen essential oil (*Gaultheria procumbens*)



# DRIED HERBS

1 oz – \$2

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## MUGWORT

California mugwort (*Artemisia douglasiana*) is an aromatic herb that thrives in our mountainside gardens. It can be infused into water, vinegar, or oil for topical treatment of fungal skin infections. Mugwort can also be tucked into sachets and placed under one's pillow at night to promote lucid dreaming.

Mugwort is an excellent herb for smudging. Energetically, it has long been cherished as a protective plant and is used to ward off negative energy and evil spirits.

**Note:** Limit internal use. Do not use internally while pregnant or breastfeeding.

*\*Indicates ingredients that were grown in our gardens*

Orders only for local pickup in Vilcabamba, Ecuador.

Please contact Kristine via the number below to inquire about custom-made tincture blends, salves, body care products, aromatherapy sprays, soap & more. Customized orders may be available upon request.



We also occasionally have specialty trees & other plants available for sale.

You can find our ebooks & other digital products for sale in our online shop: [sierraycielo.org/shop/](http://sierraycielo.org/shop/)

Check out our blog: [sierraycielo.org/blog/](http://sierraycielo.org/blog/) for more info about Andean edible & medicinal plants, homesteading, rabbit care, & more.

Sign up for our newsletter to stay up to date on homestead happenings, upcoming classes, ebook releases, new products, & more.

Need support with your permaculture project or garden? Contact Yves for Ecology Inspired Consulting & Support. Get more info here.

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## ABOUT US

Perched on a remote mountainside, in one corner of an ecological refuge, close to Podocarpus National Park, is our little homestead. We're a two hour steep hike or horse ride, from the nearest road. This keeps us humble, and gives us the opportunity to connect with the land in a more profound way.

The way we grow our food and craft our medicinal products is as radical as our lifestyle. Instead of neatly rowed gardens, and the constant war against nature that this paradigm promotes, we follow the principles of ecology. Biodiversity, with an abundance of native and domestic species, is key within our systems. Thriving ecosystems can be dynamic, while also maintaining a balance that doesn't threaten our harvests the way it does with conventional, even organic methods. Because of our Ecology-Inspired philosophy, and thanks to the balance it creates, we don't apply any pesticides, not even organic ones.

