

A COMPANION COLLECTION OF HEALING
RECIPES + BARTER MAGIC



WILD EARTH RHYTHM RESET KIT

A print-and-trade apothecary of grounding recipes, body rituals, and soulful exchanges, for nervous system reset, emotional nourishment, and community care. Designed to be folded, gifted, bartered, and remembered.



ESSENTIAL OIL APOTHECARY GUIDE

Use these oils with intention, a drop on your wrist, a blend in your bath, or a scent woven into your space.

ESSENTIAL OIL	SUPPORTS
Lavender	Calming, sleep, nervous system regulation
Peppermint	Headache relief, energy, digestion
Eucalyptus	Respiratory clearing, fatigue, focus
Rose	Emotional balance, grief, softening
Vetiver	Grounding, anxiety relief, sleep
Bergamot	Mood uplift, stress relief, skin soothing
Lemon	Clarity, digestion, antimicrobial
Frankincense	Spiritual awareness, skin repair, deep calm
Chamomile	Soothing, anti-inflammatory, inner child healing
Clary Sage	Hormonal balance, clarity, emotional regulation

RHYTHM RESET RECIPES

QUIET EXIT BATH SOAK

Nervous system reset

Ingredients:

1 cup Epsom salt
½ cup baking soda
5 drops lavender essential oil
3 drops bergamot essential oil
1 tbsp dried chamomile or
oatstraw (optional)

SOUL SIGNAL STEAMER

Wind-down comfort

Ingredients:

1 cup oat or almond milk
¼ tsp cinnamon
1 tsp maple syrup
¼ tsp vanilla extract
Pinch of sea salt
Optional: pinch ground ginger or
½ tsp rosewater

RE-ENTRY BODY OIL (2 OZ BLEND)

Grounding, post-shower

Ingredients:

2 tbsp jojoba or olive oil
5 drops lavender essential oil
4 drops sweet orange essential
oil
2 drops vetiver or frankincense
essential oil
Optional: 1 tsp dried rose petals
or chamomile flowers

NERVOUS SYSTEM TEA

Evening decompression

Ingredients (per serving):

1 tsp dried chamomile
1 tsp dried lemon balm
½ tsp oatstraw
Optional: pinch lavender or
orange peel
Steep: 1 tbsp total blend in 8 oz
hot water for 10 minutes

RHYTHM RESET RECIPES

SUNSET SALT BLEND

Grounding + vibrancy

Ingredients:

- ¼ cup flaky sea salt
- 1 tbsp dried calendula petals
- ½ tsp smoked paprika
- ½ tsp orange zest
- ½ tsp crushed rosemary
- Pinch cayenne (optional)

GROUNDING OAT BLISS BALLS

Midday reset snack

Ingredients:

- 1 cup rolled oats
- ½ cup nut butter (peanut or almond)
- ¼ cup maple syrup or honey
- ¼ tsp cinnamon
- Pinch sea salt

BREATH + STEAM BLEND

Respiratory + sensory reset

Ingredients (per pouch):

- 1 tbsp dried eucalyptus or mint
- 1 tsp dried rosemary
- 1 tsp thyme or lemon balm
- Optional: 1 tsp lavender or dried orange peel

Use: Add to bowl, pour boiling water, inhale under towel for 5–10 minutes

VANILLA ROSE HONEY CALM DRIZZLE

Softens mood, sweetens tea

Ingredients:

- ½ cup raw honey
- ½ tsp vanilla
- 1 tbsp dried rose petals

Use:

Warm gently, stir to blend.
Drizzle into tea, yogurt, or quiet moments.

RHYTHM RESET RECIPES

ITALIAN PENICILLIN BROTH

Immune support, gut healing,
emotional comfort

Ingredients:

1 tbsp olive oil
4 garlic cloves, minced
1 yellow onion, chopped
2 carrots + 2 celery stalks, sliced
1-inch ginger, sliced (veg only)
1 tsp sea salt (chicken) or 1 tsp
turmeric (veg)
½ tsp black pepper
4 cups broth (chicken or
vegetable)
Juice of 1 lemon
2 tbsp chopped parsley or
cilantro
2 cups shredded chicken
(optional)

Directions:

Sauté onion, garlic (and ginger if
veg) in oil.
Add carrots, celery, and spices.
Pour in broth. Simmer 20 mins.
Add chicken if using. Stir in
lemon + herbs.
Serve warm.

SLOW FIRE STEW

Grounding, emotional reset

Ingredients:

2 tbsp olive oil
1 yellow onion, chopped
3 garlic cloves, minced
1 inch ginger, grated
2 sweet potatoes, cubed (~2
cups)
2 carrots, chopped (~1½ cups)
½ cup red lentils
1 tsp cumin
½ tsp turmeric
4 cups vegetable broth
1 can (13.5 oz) full-fat coconut
milk
Juice of ½ lemon
Sea salt to taste

Directions:

Sauté onion, garlic, and ginger in
olive oil.
Add sweet potatoes, carrots,
lentils, and spices.
Pour in broth, simmer 25 mins.
Stir in coconut milk + lemon
juice.
Salt to taste.
Serve warm. Optional: play soft
music while stirring.

BARTER MAGIC + CLOSING

A rhythm-based reframe of community exchange

WHAT CAN YOU OFFER

You might offer a handmade tea blend or bath soak, a jar of fire cider or stew, a voice memo with gentle affirmations, or a hand-lettered quote or poem. Barterers can be as simple as a 10-minute chore swap, a calming playlist, a tiny piece of art or story, a jar of broth with a handwritten note, a personalized grounding recipe, or a pocket-sized collage or comfort kit, anything true, thoughtful, and alive.

ASK WITHOUT AWKWARDNESS

You might say, “I made this and thought you might like it — want to trade something you made or love?” or, “I’ve got extra if you have any herbs, books, or something warm.” Try, “I’m doing tiny trades this week — interested in swapping a small ritual or object?” or even, “I’ve got comfort in a jar — what kind of calm are you carrying?” The ask can be simple: “Let’s trade one care thing for another. Yours doesn’t have to be fancy. Just true.”

SAMPLE BARTER NOTES

Each item carries its own message. “Traded with love, not value.” “Charged with calm. Handle accordingly.” Some come with invitations like “Good for one cup of tea, a slow afternoon, or a favor in return.” Others simply remind, “You matter more than money” or “Made by hand and heart, swapped in the name of rhythm, not rules.”

BARTERING TIPS

Start small. One jar, one bag of salt, one handwritten note. Make it easy to give. Post a simple prompt like “Open to micro trades this week. I’ve got ___, looking for ___.” Set up a Yes Shelf with barter-ready items like zines, salts, or poems. Keep it light. This is not a business — it’s connection by choice. Don’t overthink it. Meaning matters more than perfection. Presence matters more than polish. Trade what feels alive.