



# Home Apothecary Remedy Tracker

Grow your herbal skills by tracking your home remedies!

Print this tracker to log each recipe you make, from bruise creams to sleep sachets. Make as many copies of page 2 as you need. It's your first step to a thriving home apothecary—how exciting!

Remedy	Use	Date Made	Herbs Used	Notes
Chamomile-Calendula Facial Steam	Cleanses skin, relaxes		Chamomile, Calendula	E.g., Used weekly, so soothing!
Peppermint-Lavender Digestive Syrup	Eases indigestion, bloating		Peppermint, Lavender	
Plantain-Yarrow Healing Balm	Soothes dry skin, irritations		Plantain, Yarrow	
Lavender-Chamomile Sleep Sachet	Promotes sleep, relaxation		Lavender, Chamomile	
Yarrow-Peppermint Bath Soak	Relaxes muscles, reduces stress		Yarrow, Peppermint	
Chamomile-Lavender Soothing Paste	Calms bug bites, itchy skin		Chamomile, Lavender	
Calendula-Chamomile Bruise Cream	Fades bruises, swelling		Calendula, Chamomile	

