

Herbal Mocktail Workshop

with
Hilarie Elaine



www.thewheelcycles.com

Why Mocktails?

- Sovereignty from alcohol industry
- Express, not repress
- Get specific emotional support
- Tend the liver



Alcohol Harm Reduction Tips

- Limit alcohol to the follicular phase (after bleeding through ovulation)
- Only consume alcohol on a full stomach
- Reduce the amount of alcohol in your drink
- Hydrate after : water + maple + salt + lemon



herbal mocktail components

Sweet

Herbal syrup
Honey
Maple
Fruit Juice

Medicine

Tinctures
Elixirs
Oxymels

Citrus

Lemon
Lime
Orange
Grapefruit

Bubbles

Sparkling water
Kombucha
Soda
Ginger beer

Essence

Flower
Crystal
Earth

Garnish

Mint
Rosemary
Lavender
Basil

FLOWER METHOD

for herbal syrups

Use this low-heat method when working with delicate flowers and leaves

Dried Herbs

- 1 part dried herbs
- 2 parts water
- 1 part sugar

OR

Fresh Herbs

- 1 part dried herbs
- 1 parts water
- 1 part sugar

Directions

1. Combine flowers and water in a saucepan.
2. Heat on medium high just to a boil
3. Remove from heat and stir in sugar
4. Allow to steep minimum 30 min, up to overnight
5. Strain using a fine mesh strainer or cotton muslin bag to squeeze out all the goodness
6. Bottle, label, refrigerate.

Notes

- My preference is organic cane sugar.
- You can adjust the sugar amount up to 2 parts.
- You can sub honey for sugar.
- Syrups made with sugar will keep in the fridge for up to 3 months.
- Syrups made with honey will keep in the fridge up to 6 months.
- The longer you steep your syrup the more flavor the herbs will impart.



herbal sugars & salts

1 part dried herbs
2 parts sugar or salt

- Grind dried herbs in a food processor or grinder for about 10 seconds, until they are small flakes, not powder
- Add sugar or salt and pulse together until combined. You can also just stir them together in a bowl.
- For optimal flavor, wait about 3 weeks before use
- Store in an airtight container for 6 weeks at room temperature

THE WHEEL'S

Flower Essence

GUIDE



Lilac

Patience, breaking old patterns (especially of feeling overburdened) forgiveness, access to higher consciousness through deeper love and understanding of the self.



Red Clover

Calms an overactive mind and helps us drop down into the lower chakras. Ideal during menstruation. Cleanses auric field. Helps us feel more embodied.



Daffodil

Inspires hope, optimism, and joy. Helps us to have the courage to speak up. Connects us to the bold, enthusiastic energy of the Maiden.



Queen Anne's Lace

Strengthens psychic intuition. Helps women establish a relationship with this plant before calling on her for contraceptive purposes



Dandelion

Helps us feel rooted, grounded, and confident. Inspires us to be present in the moment. Supports focus and clarity by dropping us deeply into the body.



Yarrow

Spiritual body armor. Strength, healing of emotional wounds. Maintain emotional boundaries, prevent absorption of unwanted energies (excellent for empaths)



Wild Rose

Helps restore enthusiasm for life. Lifts us out of apathy and indifference. Helps establish and maintain boundaries, calms intense emotions.



Peony

Helps us release blockages to abundance. Helps you tap into your magnetizing powers of manifestation. Banishes insecurity and meekness.



Bleeding Heart

Support for grief and heartbreak, deep emotional pain. Helps to lift us up and be receptive to love again. Moves us from victim mindset and out of co-dependance.



Nervine Guide

Tulsi- tired & wired, overwhelm, particularly for mothers who need mothering

St John's Wort- depression, heavy lethargy, dark & down, depleted

Chamomile- whiny, in need of comfort, tense, particularly in gut

Rose- matters of the heart, grief, loss, frustration, anger, hot-headed

Lavender- calm an overactive brain, doom scrolling, google holes

Lemon Balm- need a good laugh, tunnel vision, burnout, brain fog

Skullcap- Racing, circular thoughts

Blue Vervain- agitation with others, tension in neck and shoulders, judgy

Nervine Guide

Motherwort- heart palpitations, sweaty palms, early motherhood, insomnia

Passionflower: social anxiety, insomnia, racing and repetitive thoughts

Catnip: quitting smoking, overexcitement, sleeplessness, anxiety held in belly

Milky Oats- frazzled and frayed nerves, more effective long-term

lavender lemonade

Lavender salt rim

Splash of Lavender Syrup

Juice of 1/4-1/2 lemon

Sparkling (or still) water

Garnish with lavender

Suggested flower essences:

Lilac

Wild Rose



hearty party

Rose-vanilla Sugar rim

Splash of Rose Syrup

Sparkling water

Garnish with mint

Suggested flower essences:

Peony

Bleeding Heart

