

# MOUNTAIN SPIRIT ORDER FORM

NAME		
ADDRESS		
CITY	STATE	ZIP
YOUR PHONE		

First order?  
 Yes  No  
 New address?  
 Yes  No

See shipping chart for out-of-U.S. orders.

**Mail to**

P.O. Box 368  
 Port Townsend, WA 98368 U.S.A.  
 (360) 385-4491  
 e-mail: [mtnspirit@olympus.net](mailto:mtnspirit@olympus.net)  
[www.MountainSpiritHerbals.com](http://www.MountainSpiritHerbals.com)



First-time orders need to be prepaid. Also, we now accept VISA, MasterCard, and American Express credit cards. Phone orders are fine; please, if you talk to our machine—speak clearly. Leave your name, address, phone number and your order. We will only return

calls if there are questions. For years, Mountain Spirit has been using recycled paper for our labels and catalog. Our packaging is, as always, recycled (used puffs, paper and plastic are gathered from other local merchants). Please recycle.

*If you wish to keep your catalog intact, please photocopy this form and/or use an additional sheet of paper*

Quantity	Product Description	Price Each	Total Price

**Special orders are welcome.**  
 Please expect 1 week on special order delivery.

<b>SHIPPING &amp; HANDLING</b>			
\$ 0.01 – 20.00	\$ 7.00	\$ 50.01 – 75.00	\$ 14.00
20.01 – 40.00	9.00	75.01 – 100.00	16.00
40.01 – 50.00	12.00	100.01 and up	Cost + \$5

*Outside the U.S.—USPS charges + 10% handling. No C.O.D. orders.  
 Shipping charge for Kitchen and Kid's brooms: USPS charges + 10% handling.*

<b>Product Total</b>	
<b>Shipping/Handling</b>	
<b>Subtotal</b>	
<b>WA state residents only. (sales tax where shipped)</b>	
<b>FDA Donation (sales tax exempt)</b>	
<b>Total</b>	

## Orders can now be made by e-mail ([mtnspirit@olympus.net](mailto:mtnspirit@olympus.net))

**EXCHANGES OR RETURNS:** If any item you receive should arrive damaged, **please call us immediately.** Save all packaging materials. If the items you purchase don't meet your satisfaction, you may return them within **15 days.** Please enclose a copy of your invoice and the item in its original condition for a prompt refund of the full merchandise amount or exchange (**on unopened merchandise only**). No refunds on shipping costs.

<b>Credit Card Orders</b>	
<input type="checkbox"/> VISA <input type="checkbox"/> MasterCard <input type="checkbox"/> American Express	
_____ / _____ <small>CREDIT CARD NUMBER</small>	<small>EXPIRES: Month Year</small>
_____ <small>SIGNATURE</small>	_____ <small>CVC #</small>

## Special Instructions / Comments / Send a Catalog to a Friend


## Pure Essential Oils – How to Use

Our oils are derived from fresh herb material, and are the best and most reasonably priced unadulterated oils that we could find.

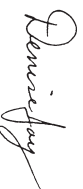
### HIGHLY CONCENTRATED—Use respectfully

- Add a few drops to the washing machine or hand-wash delicates.
- Use as an inhalant, a few drops (6–10) on a tissue.
- 5–10 drops in a bath. After bath has filled, add and mix evenly, soak in it for ten minutes.
- Use 2–6 drops on a cotton ball or Q-tip for direct application to the infected area, or dilute 15–30 drops in a base oil.
- Put 6 drops in a bowl of boiling water. Inhale for 5–10 minutes.
- Make a tea by placing 2 drops on an herbal tea preparation.
- Sprinkle a few drops in the drains, trash cans, compost bucket, and toilet bowls.
- 2–3 drops on vacuum filter pad leaves a refreshing aroma in the house.
- Use as scent for soaps, incense, and candlemaking.
- Put a few drops on a cotton ball and place in drawers, closets, etc.
- Use a few drops on a light bulb, candle, or in an oil lamp (careful not to place oil on a hot light bulb).
- To make a spritzer, add 1/2 oz. Essential Oil to 15 oz. of witch hazel and 15 oz. of water. Put in a spray bottle and enjoy.
- To dilute, use 1/2 oz. of Essential Oil in 15 oz. of oil or water.

## Upcoming 2017 Craft Fairs

<i>Port Townsend, Washington</i>	<b>360/385-4491</b>	Come see us at the yurt!
CLOSED SUNDAYS & HOLIDAYS    Mail Order closed from June 25 to July 16		
<i>Saturday Farmer's Market</i> Port Townsend, WA (Uptown)	April 'til Dec. (before Winter Solstice)	9:00 am–2:00 pm
<i>Northwest Folklife Festival</i> Seattle, WA	Memorial Day Weekend	
<i>Oregon Country Fair</i> Veneta (Eugene), Oregon — Booth #382	July 7, 8 & 9	
<i>Okanogan Family Fair</i>	October 21–23, 2016	

You might want to call for a current update on schedules and dates (360/385-4491). I hope to see you next summer.



This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease. Denise Joy, sole proprietor of Mountain Spirit Herbs LLC, has owned this small herbal company since 1985.

[www.MountainSpiritHerbs.com](http://www.MountainSpiritHerbs.com)

## Essential Oils

These oils are **HIGHLY CONCENTRATED**—Use respectfully. These high-quality oils are pure, steam-distilled concentrates. Generally, they should be diluted in a cold-pressed oil base for use and stored away from heat and light. Supplied in 1/2-ounce bottles, with Polyseal lids, unless otherwise noted.

*Prices subject to change. Call for current prices or for oils not listed here.*

Anise	<i>sweet, supports digestion</i>		\$ 8.00
Bay	<i>repels bugs, spicy, soothes, sweet aroma that invigorates</i>		10.00
Cajeput	<i>(white tea tree) stimulating aroma, insect repellent</i>		8.00
Camphor	<i>warms, numbs and cools (USE DILUTED)</i>		8.00
Cedarwood	<i>repels moths, pleasant fragrance (USE WITH CARE)</i>		8.00
Cinnamon Lv.	<i>soap making, candles</i>		8.00
Citronella	<i>lemongrass insect repellent (AVOID IF PREGNANT)</i>		8.00
Clove Bud	<i>repels moths (USE DILUTED)</i>		8.00
Eucalyptus	<i>clearing, stimulating</i>	1/2 oz. 9.00	1 oz. 15.00
Garlic	<b>USE VERY DILUTED!</b>		13.00
Grapefruit	<i>supports muscles, stress, massage oil, oily skin, promotes hair growth</i>		9.00
Lavender	<i>(MAY IRRITATE SENSITIVE SKIN)</i>		9.00
Lemon	<i>calming, skin, soothing (USE DILUTED)</i>	1/2 oz. 9.00	1 oz. 15.00
Lemongrass	<i>clean fresh scent, good for soaps (MAY IRRITATE SENSITIVE SKIN)</i>		7.00
Melissa	<i>deodorizer, insect repellent, hair treatment</i>		8.00
Oregano	<i>(lemon balm) repels insects, good in soaps</i>		12.00
Palmarosa	<i>flourishing, supports respiratory system (USE DILUTED)</i>		12.00
Patchouli	<i>moisturizer, skin care, wrinkles</i>		9.00
Peppermint	<i>earthy, sweet, aphrodisiac, rough skin</i>		12.00
Rosemary	<i>stimulates, invigorating</i>		9.00
Sage	<i>helps repel head lice, hair conditioner, stimulating massage, bath</i>		9.00
Spearmint	<i>flourishing, clearing and drying</i>		12.00
Sweet Orange	<i>flourishing, sweet &amp; fragrant, repels insects</i>		9.00
Tangerine	<i>great in soaps, blends well with other oils, degreaser/hand cleanser (MAY IRRITATE SENSITIVE SKIN)</i>		1 oz. 8.00
Tea Tree	<i>tonic, relaxant, good scent</i>		7.00
Thuja	<i>(Australian) repels insects, supports oral health</i>	1/2 oz. 9.00	1 oz. 15.00
Vitamin E	<i>(cedar leaf oil) cedar scent, dilute if used near sensitive areas (EXTERNAL USE ONLY)</i>	1/2 oz. 9.00	1 oz. 15.00
Wintergreen	<i>rich oil for scars or a base to carry other oils, natural antioxin</i>		8.00
Ylang Ylang	<i>sore muscles, solvent, soaps, candles (DILUTE—EXTERNAL USE ONLY)</i>		8.00
	<i>abates frustration, aphrodisiac, soothing, stimulates hair growth</i>		12.00



### Perfume Oils \$10—not to be used for aromatherapy

Amber	<i>aphrodisiac, sensuous oil</i>	Rose	<i>sweet smell, sensuous, high quality</i>
Jasmine	<i>high quality sensuous perfume</i>	Vanilla	<i>sweet and fun, high quality</i>

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