

Healing Garden™

Growing and Care Instructions



Introduction

Grow your own Healing Garden with three powerful healing plants, decorative sensory stones, and more. A healing garden is a garden planted in a restorative setting designed to uplift people's spirits. Its purpose is to help people feel less stressed, more comfortable, and even invigorated.

The plants in this selection were chosen for their healing properties and aesthetic beauty as well as their ease of growth. Aloe is thought to guard against evil influences and prevent household accidents. It is also known to remove chemical vapors from the air. Hyssop is used in purification baths and rituals and to cleanse persons and objects. The leaves are laid on wounds to cure infection and to promote healing. Eucalyptus is well known for its antiseptic and anti-inflammatory properties. It is also thought to bring harmony. The essential oil is added to healing baths and for purification; the leaves are sometimes carried for protection.

Let your design create unity within the healing garden. Simplicity is essential; keep the space easy to understand. At the same time, the design should include a variety of form, texture, seasonal interest, and color to provide sensory stimulation. Design with symmetry or asymmetry, but create balance so the space feels stable as a whole.

Contents

Three Color Seed Packets — Aloe Mix, Eucalyptus Mix, and Hyssop
Planting Mixture
Natural Gravel
Decorative Sensory Stones
Sprouting and Growing Terrarium
Perlite Drainage Pellets
Growing and Care Instructions

Plants in Your Healing Garden

Aloe (*Aloe vera*)

Originally from South Africa, this ancient plant has been identified in Egyptian wall paintings and is rumored to have been Cleopatra's secret beauty ingredient.



Aloe, which contains more than 200 active biological compounds, has been used in folk medicine for thousands of years. It is thought to be protective, guarding against evil influences and preventing household accidents. It is also known to remove chemical vapors from the air. Aloe is different from most houseplants in that it releases oxygen at night and removes carbon dioxide from the air. For this reason, it is often grown in the bedroom.

After the age of two, Aloe plants become filled with a clear gel that is used cosmetically and medicinally. The gel is used to treat sunburn, burns, cuts, insect bites, poison ivy, and even skin cancer. It also has anti-inflammatory properties and is known to aid healing. Once applied, the gel naturally forms a protective bandage upon drying. This plant is also known as the First Aid Herb, Healing Herb, and the Medicine Plant.

Growing Information:

Aloe plants take one to two months to sprout. It is important to cover the seeds with a fine layer of gravel to hold them down during the germination process. Aloe is very easy to grow and will thrive with relatively little attention. Extract Aloe's healing gel from the lower leaves that are the fleshiest. Once cut open, the leaf will naturally close itself and can be stored in a bag in the refrigerator for later use.

Hyssop (*Hyssopus officinalis*)

The leaves of this herb have a minty smell and are known to attract honeybees and other beneficial insects. Hyssop is one of the oldest and best known medicinal



herbs and is even mentioned in the Old Testament as being used for purification. It is used in purification baths and rituals and to cleanse persons and objects. The leaves are laid on wounds to cure infection and to promote healing. A tea made from the leaves and flowers is thought to promote expectoration when there is congestion. It can also induce sweating at the early stage of a cold or flu. Hyssop can be used on cuts, burns, and bruises. Penicillin mold grows and thrives on hyssop leaves. When the plants begin to bloom, harvest and dry the leaves and flowers for use. Leaves can also be used sparingly on meat, vegetables, and fish.

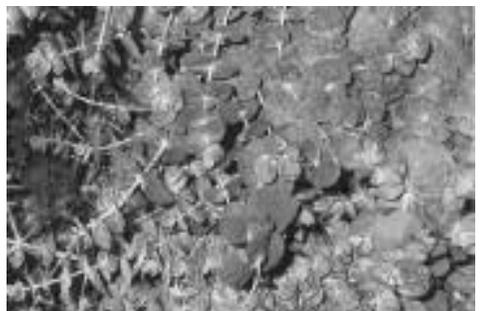
Growing Information:

Hyssop prefers dry conditions, tolerates most soils, and likes full sun. A perennial, shrubby plant that grows to three feet tall, Hyssop is a member of the mint family. If grown outdoors, it prefers areas where frost occurs during the winter.

Eucalyptus (*Eucalyptus globules*)

These plants are considered to be evergreen trees and are known for the silvery foliage and pungent scent.

Eucalyptus reigns among the tallest trees in the world, capable of reaching



heights of more than 250 feet tall. It thrives only in areas where the average temperature remains above 60 degrees, and it is adaptable to several soil conditions. It is native to Australia, but has been introduced to many areas around the world. Eucalyptus leaves are cut and dried for use; its branches and pods are used for centerpieces, as they are very fragrant.

Healing energies are thought to come from Eucalyptus leaves. A branch or wreath over the bed of a sick person will help spread these healing energies. Eucalyptus is well known for its antiseptic and anti-inflammatory properties. This plant has been used to treat athlete's foot, arthritis, and bronchitis. It is an ingredient in ointments for cuts, in liniments for bruises, and even in vapor rubs. The essential oil is added to healing baths and used for purification. Eucalyptus is thought to bring harmony, and its leaves are sometimes carried for protection.

Growing Instructions

Growing your garden is easy and rewarding if you follow the simple steps outlined below.

1. For best results, plan your garden on paper before actually planting it. Here are some ideas to help add interest:
 - Form mounds with the soil and plant seeds on top.
 - Make paths by pressing indentations into the soil and filling with decorative gravel.
 - Place the plants in groupings or mix them all together. You can make several large groupings or many small ones.
2. Massage the bag of soil, open, and pour to fill the bottom of the planting base.
3. Add 3/4 cup water, and let it absorb.
4. Mix water and planting mixture thoroughly with a spoon.
5. Add another 1/8 to 1/4 cup water and smooth the surface.
6. Form paths and mounds and place stones before planting seeds.
7. Place your seeds on top of the soil and press them in. Here are some planting tips:
 - When planting seeds, place them 1/3 to 1/2 inch apart; planting them too close together will cause them to crowd each other out.
 - Don't plant all the seeds at once. Plant what you need, and save the rest in case you must replant; enough seeds are included to replant at least one time.
 - Sprinkle small hyssop seeds on the surface of the soil as they need light to germinate.
 - Place eucalyptus seeds on the surface of a small mound of soil.
 - Cover hard, flat Aloe seeds with a layer of gravel and press down on surface of the soil.
 - Be sure to read the seed packet for additional information.
8. Place in a windowsill or near a window with an eastern or southern exposure and in a place where it cannot be easily knocked over.
9. Your seeds will germinate in one to four weeks.
10. Feel free to find your own miniature treasures to add.
11. Retain these instructions for further use.

Care Instructions

Watering

- Your terrarium will only need water every one to three months when the top is on. You can tell the relative moisture by the weight of the container. Even if you see moisture forming inside the lid of the container, the terrarium may still need water.
- If you over-water the terrarium, tip it gently to pour out the extra water, leave the top off, and place it in an area with a southern exposure until desired moisture level is reached.
- Your growing mixture is inert and contains no fertilizer. You may fertilize your terrarium in the spring and summer with a water-soluble houseplant food or time-release pellets. Your plants prefer to be fertilized during the spring and summer.
- When you water your plants, sprinkle the water over the foliage to rinse the leaves. Be sure that plants are not in direct light when you do this.

Location

- Your plants like bright light. Be sure to rotate your terrarium to encourage even growth. The best location for your terrarium is on a windowsill with an eastern exposure. Be sure the window is not drafty.
- Your plants prefer to be in a cooler room. Many plants will wilt in direct, hot afternoon sun.
- Your plants will naturally reach toward the light, so rotate your greenhouse every week. If they are stretching too much, they may need more light.
- Do not place your terrarium close to a heating or cooling vent.
- Do not place your terrarium outside in the hot sun. The temperature inside the terrarium will rise to levels that are not safe for the plants. You may place it outdoors in the shade and when it is below 80 degrees (26° Celsius).
- Your terrarium is sensitive to temperature and should be in a room that is between 60 degrees (15° Celsius) and 85 degrees (29° Celsius).
- A common problem with terrariums is that they are easily knocked over. Keep this in mind as you choose the location for your windowsill greenhouse.

Other Notes

- If mold forms, remove it with a twig or water the greenhouse with a 1:50 mix of hydrogen peroxide to water (one capful of hydrogen peroxide to seven ounces of water). This will kill the mold but not the plants.
- If you remove the top to allow the plants to grow larger, be sure to check the moisture level every few days.
- If a particular plant is overgrowing the rest, feel free to trim it back.
- You can trim your plants back if they are growing too wide or tall or if you would just prefer them bushier. It is important to cut them above a set of leaves and to water afterward, as pruning can be a shock to some plants. This will help keep them small and bushy.
- It is okay to let the plants bloom, but keep them from going dormant by trimming off any seed pods before seeds form.
- You can transplant your plants into other containers. Be sure to water first, and remove as big of a ball of soil around the roots as you can. To replant, make sure the soil in the new container is moist, place the soil ball into a pre-dug hole, and water thoroughly.
- Your plants like fresh air. Be sure to remove the top after they sprout or frequently if left on. This will reduce the chance of mold growing.

Principles of Design in a Healing Garden

It is important to use the principles of design to create unity within the healing garden's layout.

Simplicity is essential to keep the space easy to understand.

The design should include a variety of form, texture, seasonal interest, and color to provide sensory stimulation.

It is important to create balance so the space feels stable as a whole.

Use key, specimen, group, and mass plantings to create emphasis within the space. This provides focal points to help people orient themselves in the garden.

Create sequence or smooth transitions from one area of the landscape to another.

Herbal Baths

There are several ways to prepare herbal baths. One of the best ways is to wrap a bunch of herbs in cheesecloth and hang them from the faucet so the water runs through them while the bath is filling. After the bath is full, soak the bundle in the water for 10 minutes, squeeze excess water out, and remove. You can also put your herbs in a large tea ball and use it in place of the cheesecloth. You can make an infusion that you add directly to the water by placing a half cup of herbs in a boiling quart of water for about 20 minutes. Steep, and then drain the liquid directly into the bathwater.

A eucalyptus herbal bath will help ease a cold or flu and will help clear congestion of the nose and lungs. A hyssop herbal bath will help relieve tension and soothe your nerves.

Customer Service

Questions? Email sales@dunecraft.com or call 1-800-306-4168.

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