

Nordic Pine and Citrus Simmer Pot

Ingredients:

Fresh pine or fir sprigs

Slices of orange or orange peels

Whole cloves

Cinnamon sticks

Optional: juniper berries

Scandinavian Spice Simmer Pot

Ingredients:

Cinnamon sticks

Whole cardamom pods

Star anise

Slices of apple

Optional: a few drops of vanilla extract

Herbal Forest Simmer Pot

Ingredients:

Sprigs of fresh rosemary

Bay leaves

Lemon slices

Whole cloves

Optional: cedarwood essential oil (a few drops)

*Tips for Using Simmer Pots:*

*Always keep an eye on the water level to prevent the pot from drying out.*

*You can reuse the mixture for a couple of days; store it in the refrigerator when not in use and reheat as needed.*

*Experiment with different combinations to find your preferred scent.*

# At Home Day

## Simmer Pots + Playlists

Bring the coziness of the season to life with a day of atmosphere-building! Create a playlist that sparks joy, simmer a pot of natural scents inspired by the forest, and let your senses guide a day of play and connection.



"Hoppípolla" by Sigur Rós  
"Wintersong" by Sarah McLachlan  
"Tänd Ett Ljus" by Triad  
"In the Bleak Midwinter" by Gustav Holst  
"Nu Tändas Tusen Juleljus" by Sanna Nielsen  
"Vintersaga" by Ted Ström  
"Edelweiss" from The Sound of Music  
"The First Snow of Winter" by Enya  
"Nordic Winter" by Adrian von Ziegler