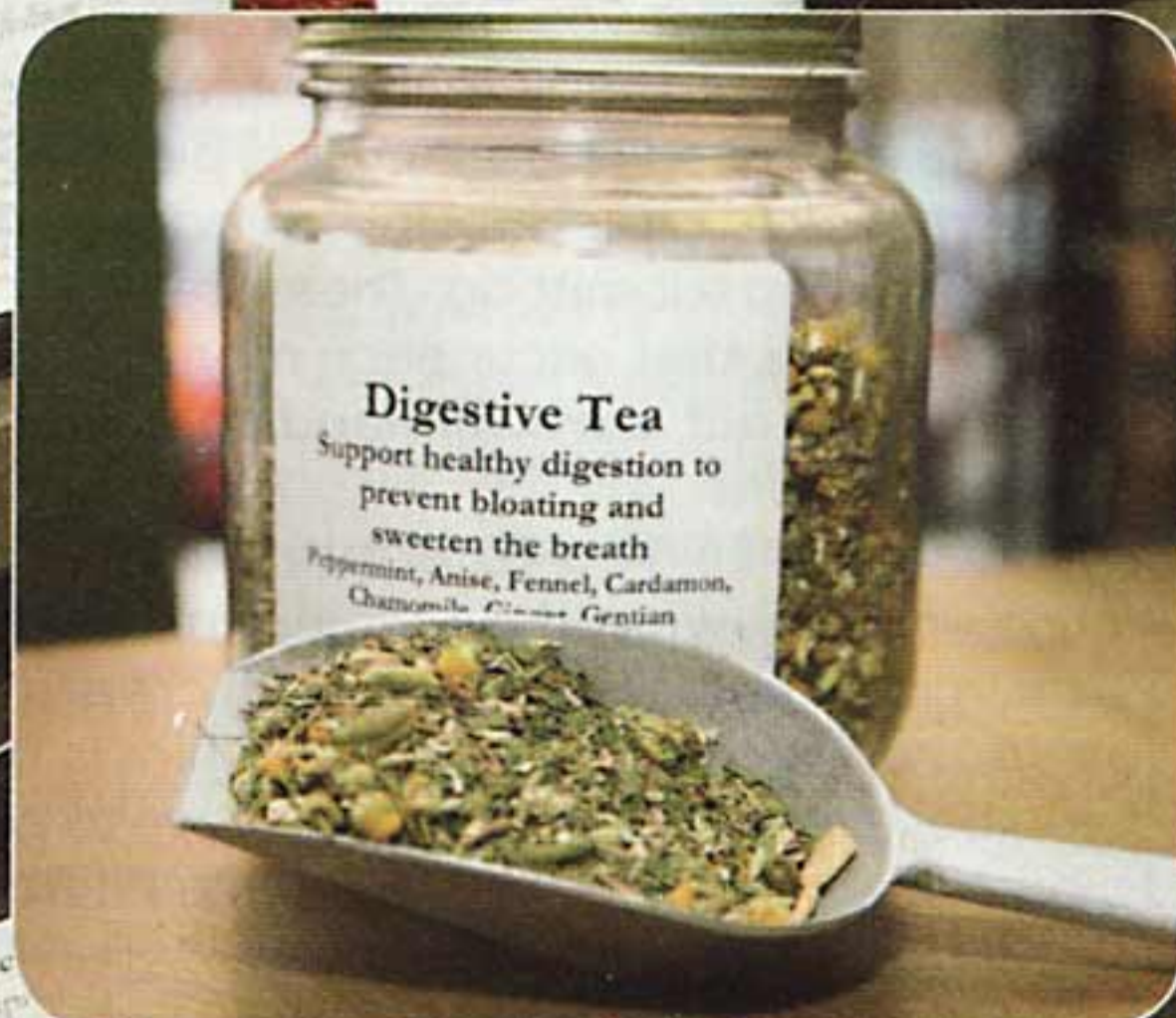
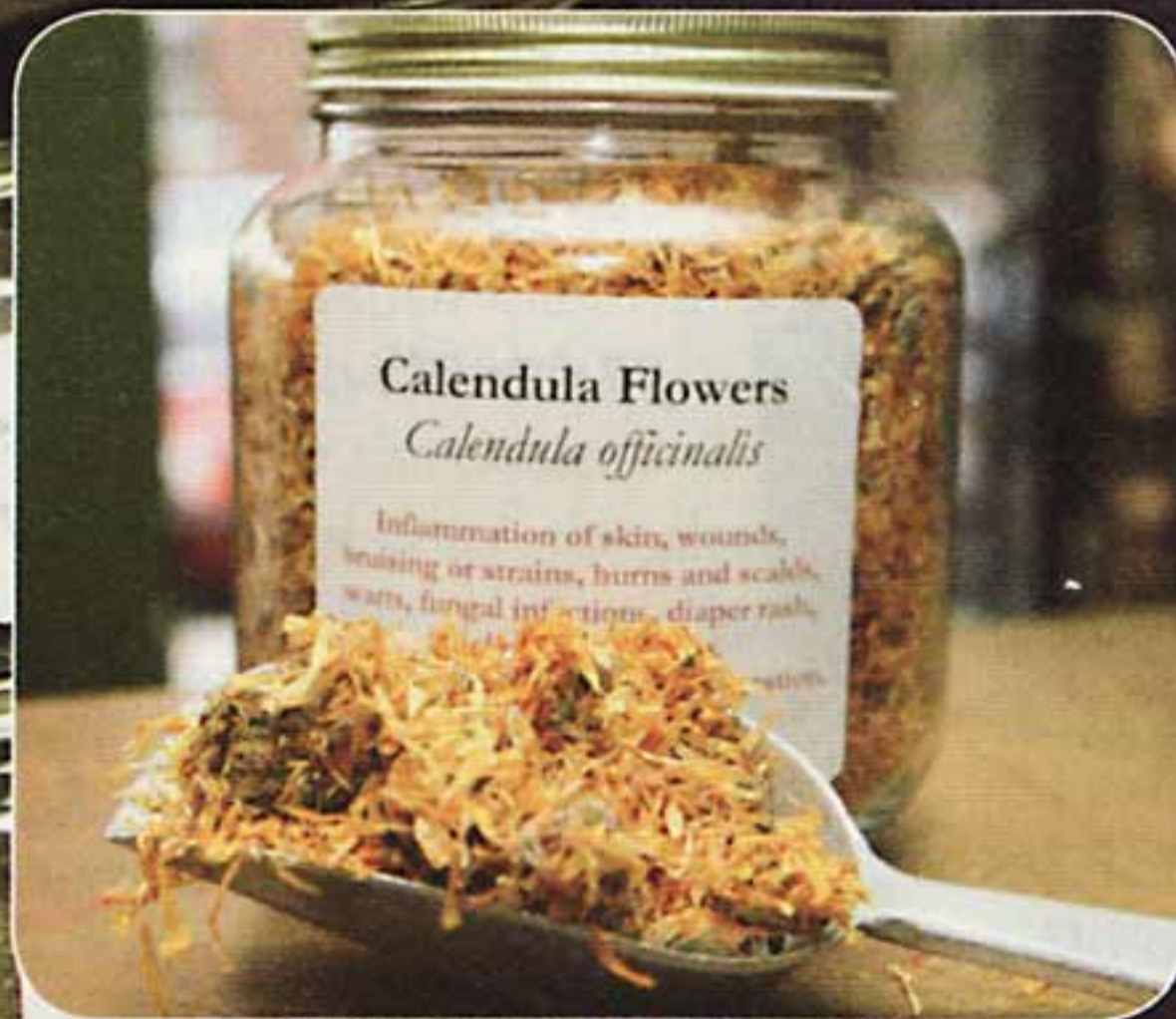


Your Entrée to Luxury Living

Lifestyle



Digestive Tea
Support healthy digestion to prevent bloating and sweeten the breath
Peppermint, Anise, Fennel, Cardamon, Chamomile, Clove, Gentian



Calendula Flowers
Calendula officinalis
Inflammation of skin, wounds, bruising or strains, burns and scalds, warts, fungal infections, diaper rash.



Chamomile flowers
Matricaria inodora
Gentle sedative for use with insomnia, stress and insomnia.



THE ENTHUSIAST

A Natural Healer

Master herbalist Karen Rose has a prescription for the stresses of modern times

THE SHELVES AT SACRED VIBES APOTHECARY HOLD A BOUNTY OF medicinal roots and herbs. On one wall, the names of spices and botanicals sound like Harry Potter potion ingredients: wormwood, shepherd's purse, myrrh gum, and mugwort. Another wall is stocked with specially crafted elixirs and tinctures designed to reduce stress, curb insomnia, and increase passion.

It's the work of proprietor and master herbalist Karen Rose, whose mission is to inspire more people to embrace curative plants. At her Brooklyn, New York, boutique there's a constant flow of neighborhood residents interested in and curious about her dizzying selection of oddly named aromatics and colorful resins. Ask Rose about almost any plant or root and she can discuss its composition and full spectrum of therapeutic properties from memory.

"Herbs have many healing indicators," notes Rose. "You can use basil in your cooking, but it's also uplifting and can be used to combat mild depression. Calendula is used as a skin softener, and you can give babies a bath in it. It's also good for lymphatic congestion. Several herbs can be taken to lessen anxiety and high blood pressure, or to relieve constipation. The key is to find out what works with your body."

What has become her life's work was a natural calling for this South American native, who first studied business at the University of Phoenix and graduated in 1999. In 2001 she enrolled in classes at the Educational Center for Botanical Medicine in Phoenix. "I grew up in Guyana, in the country, where we didn't have doctors," Rose explains. "The doctor came once a month, so if you had a sore throat, you went to your grandmother or the village elders, who said, 'Go pick that plant out back and bring it to me.' And they would prepare it in a tea or include it in a balm. I think people are looking for the remedies of their grandmothers. They want to revisit those traditions."

After receiving her certification, Rose began developing a clientele. This past May, she opened Sacred Vibes (www.sacredvibeshealing.com), a full-service apothecary that includes personal consultations, custom-made bath products, and weekend classes that connect herbs to physical and emotional benefits. Rose is quick to point out that she is not a physician and encourages her clients

to maintain their schedule of regular checkups with their doctor. Her therapies, she urges, work best for day-to-day maintenance and a sense of well being. Many of these botanicals can also be used to affect your environment and relax the body after a stressful workday. Popular products such as lavender, rose, and chamomile can scent a room or bed sheets, be used for a soothing bath, or made into a calming tea. At the heart of those traditions, says Rose, is reconnecting with nature and plants, a practice she says can be as simple as cultivating herbs or brewing your own healing tonics. "You can grow peppermint in your yard or your apartment," she notes, "and if you're having stomach problems, you can snip a couple of leaves to make tea. It's a great way to restore yourself." —Chana Garcia

Get the inside scoop on New York, NY



Traveler
[allfordtrotman](#)
March 6, 2010

HERBAL TEA IN BROOKLYN

[New York, New York](#)



Sometimes you don't have to travel far to experience something new. In the Ditmas Park, Brooklyn, New York neighborhood near where I live, I passed a store that I had not seen before, named Sacred Vibes Apothecary. The exterior reminded me of the quaint stores I had always seen while growing up in London, England. The exterior is painted black, with contrasting gold lettering on the glass window. Through the window I could see stacks of shelves lining the walls with large glass jars filled with products in them.

I entered the store to inquire about what they were selling exactly. The owner, Karen Rose, explained the meaning of the word apothecary (apoth·e·cary person who prepares and sells drugs or compounds for medicinal purposes) which is in the name of the store. Karen explained that she sells a variety of teas and herbal products for the wellness of the body and spirit, a practice with a long history in various cultures. I was intrigued by the variety of teas that she sells. There were green, black, white and various herbal teas all different and used for a variety reasons. A few weeks later on a bleak cold day I decided to visit Sacred Vibes Apothecary for a demonstration on how to make a good cup of herbal tea.

Favorite restaurants:

Picket Fence (1310 Cortelyou Rd between Argyle and Rugby Rds; 718-282-6661, picketfencebrooklyn.com) "This homey spot is my favorite for brunch. French toast topped with fresh fruits: perfection! Plus, you can snack on a basket of blueberry minimuffins while you wait."

Vox Pop Cafe (1022 Cortelyou Rd between Coney Island Ave and Stratford Rd; 718-940-2084, voxpopcafe.com) "Equal parts community café, bookstore and performance space, Vox Pop is a great place to grab a light organic snack, listen to live music and spoken word, and discuss politics with your neighbors."

Purple Yam (1314 Cortelyou Rd between Argyle and Rugby Rds, no phone yet) "This place hasn't even opened yet, but I know I'm going to love it. The owners of the now-shuttered Cendrillon in Soho are bringing Purple Yam to Cortelyou Road in September. Like Cendrillon, it will feature Filipino fare, and will also incorporate Pan-Asian cuisine."

The Farm on Adderley (1108 Cortelyou Rd between Stratford and Westminster Rds; 718-287-3101, thefarmonadderley.com) "Upscale food is served with a casual vibe, and the backyard is nice for dining in warm weather."

Mimi's Hummus (1209 Cortelyou Rd between Stratford and Westminster Rds; 718-284-4444, mimishummus.com) "What's not to love about hummus? Mimi's includes five homemade varieties, with reasonable prices."

Her favorite bar:

Sycamore (1118 Cortelyou Rd between Stratford and Westminster Rds; 347-240-5850, sycamorebrooklyn.com) "This place is both a flower shop and a bar. The strange combination somehow works here. I like to grab a drink in the backyard when the weather's nice, and they also host live music each week."

Her favorite shops:

John's Bakery & Pastry Shop (1322 Cortelyou Rd between Argyle and Rugby Rds; 718-287-6799, johnsbakery.com) "I like to get my carb fix with the freshly baked breads here, and they make tasty sandwiches for breakfast and lunch."

Cortelyou Greenmarket (Cortelyou Rd between Argyle and Rugby Rds, cenyc.org) "This Greenmarket sets up shop every Sunday, and while it's no competition for the Grand Army Plaza and Union Square varieties, it is nice to not have to travel for farm-fresh produce."

Sacred Vibes Apothecary (376 Argyle Road between Cortelyou Rd and Dorchester Ave; 718-284-2890, sacredvibeshealing.com) "A wide variety of herbs, spices and loose-leaf teas are for sale here. Plus, the owner also offers public workshops on herbal medicine."

Tags: [ditmas park](#), [samantha terry](#), [why I love](#)

Own This City

Great walks

Ditmas Park walk

This quiet Brooklyn nabe is full of Victorian charm and foodie finds. By Leah Faye Cooper



Start: 317 Rugby Rd between Beverley and Cortelyou Rds, Ditmas Park, Brooklyn
End: 1118 Cortelyou Rd between Stratford and Westminster Rds, Ditmas Park, Brooklyn
Distance: 1.4 miles
Time: 4 hours

1 A 30-minute ride on the Q from Union Square lands you on bustling Cortelyou Road, Ditmas Park's main drag of shops, restaurants and grocers. But to really get to know this historic neighborhood, you'll have to head to its quieter parts. For a glimpse of the Victorian homes for which the area is known for, pop by brightly hued **Rugby Gardens** (317 Rugby Rd between Beverley and Cortelyou Rds), whose paint job could be characterized as something out of Candy Land rather than Brooklyn's past. Open since 2005, it's one of seven B&Bs in the neighborhood. A quick loop back to Cortelyou Road via E 13th Street reveals even more houses primed for real-estalking, most of which were built in the early 1900s.

2 Options for a midday snack abound in this rapidly growing foodie mecca, thanks to places like **Mimi's Hummus** (1209 Cortelyou Rd between Argyle and Westminster Rds; 718-284-4444, mimishummus.com), the much-buzzed-about eatery where pillowy pitas are served with either traditional hummus (\$8) or a tasty variation, like one studded with ground beef and pine nuts (\$9). Head next door to the restaurant's spin-off food shop, appropriately called **Market** (1211 Cortelyou Rd between Argyle and Westminster Rds, 718-284-4446), to pick up locally made bites like Mast Brothers dark chocolate bars (\$9) confectioned in Williamsburg. Consider snagging a bag of Stumptown Coffee (\$11)—a rare find in this neck of the woods.

3 Glass jars filled with natural herbs, teas and seasoning blends line the walls of the dimly lit **Sacred Vibes Apothecary** (376 Argyle Rd at Cortelyou Rd; 718-284-2890, sacredvibeshealing.com). Those who call ahead can schedule a private consultation (\$80 per hour) with owner and master herbalist Karen Rose, who regularly whips up individualized herbal treatments for everything from the common cold to diabetes. For a soothing souvenir, take home one of Sacred's organic teas, like the acne-fighting Beautiful Skin blend (\$6.75/oz), packed with cleansing herbs like calendula, burdock root and spearmint.

4 Look for a small blue sign that points you to **Kris Waldherr Art and Words** (1501 Newkirk Ave at Marlborough Rd; 347-406-5811, artandwords.com). Waldherr—an author, illustrator and designer—turns her studio into an open gallery on Fridays (5–8pm) and Saturdays (1–5pm), when she also hosts tarot salons, publishing workshops and art-themed activities for kids (suggested donation \$5). Passersby are welcome to stop in during open gallery hours and peruse Waldherr's book art and photography exhibits free of charge. While the focus here is on literature and illustration, Waldherr boasts some techie cred, too: Ask her about Goddess Tarot, the application she developed for the iPhone.

5 Stroll to Ditmas Park's burgeoning restaurant row for a traditional Filipino meal at newcomer **Purple Yam** (1314 Cortelyou Rd between Argyle and Rugby Rds; 718-940-8188, purpleyamnyc.com). Many of the diners live within walking distance, but oxtail braised in a thick peanut sauce (\$17) and chicken adobo (\$16) lure the Manhattan crowd that once dined on these same dishes at Amy Besa and Romy Dorotan's former Soho establishment, Cendrillon.

6 Save your sweet tooth for a glass of Sauterns (\$11) at newly opened **The Castello Plan** (1213 Cortelyou Rd between Argyle and Westminster Rds; 718-856-8888, thecastelloplan.com). Named for a map of lower Manhattan drawn by surveyor Jacques Cortelyou in 1660, the candlelit wine bar completes the trio of spots owned by the duo behind Mimi's Hummus and Market. Take advantage of the agreeable spring weather and sip your vino in the open-air garden.

city living

TO SHOP

Cortelyou Road is the main thoroughfare for shopping, as well as dining. Locals love good food and wine, and the shops take suggestions from their regular customers. Although they are often small, the stores are well-stocked with knowledgeable staff.

T.B. Ackerson
1205 Cortelyou Road,
718-826-6600

Wine drinkers in Ditmas Park don't like sweet wine, according to the "wine genius" at this local shop. They do like the large selection of wines from around the country, the under-\$10 rack and the customer appreciation program, entitling shoppers to a \$1 bottle of wine after buying 12 at full price.

Sacred Vibes Apothecary
376 Argyle Road,
718-284-2890

Loose-leaf teas, natural beauty products and bulk herbs are the specialties of this small shop. Ask the owner for advice on a product or for a full herbal consultation.



Karen Rose, owner of Sacred Vibes Apothecary, knows her teas and herbs.

Toy Space
1410 Cortelyou Road,
718-282-2210

Looking to supply the little ones in your life with science experiments and DIY craft projects?

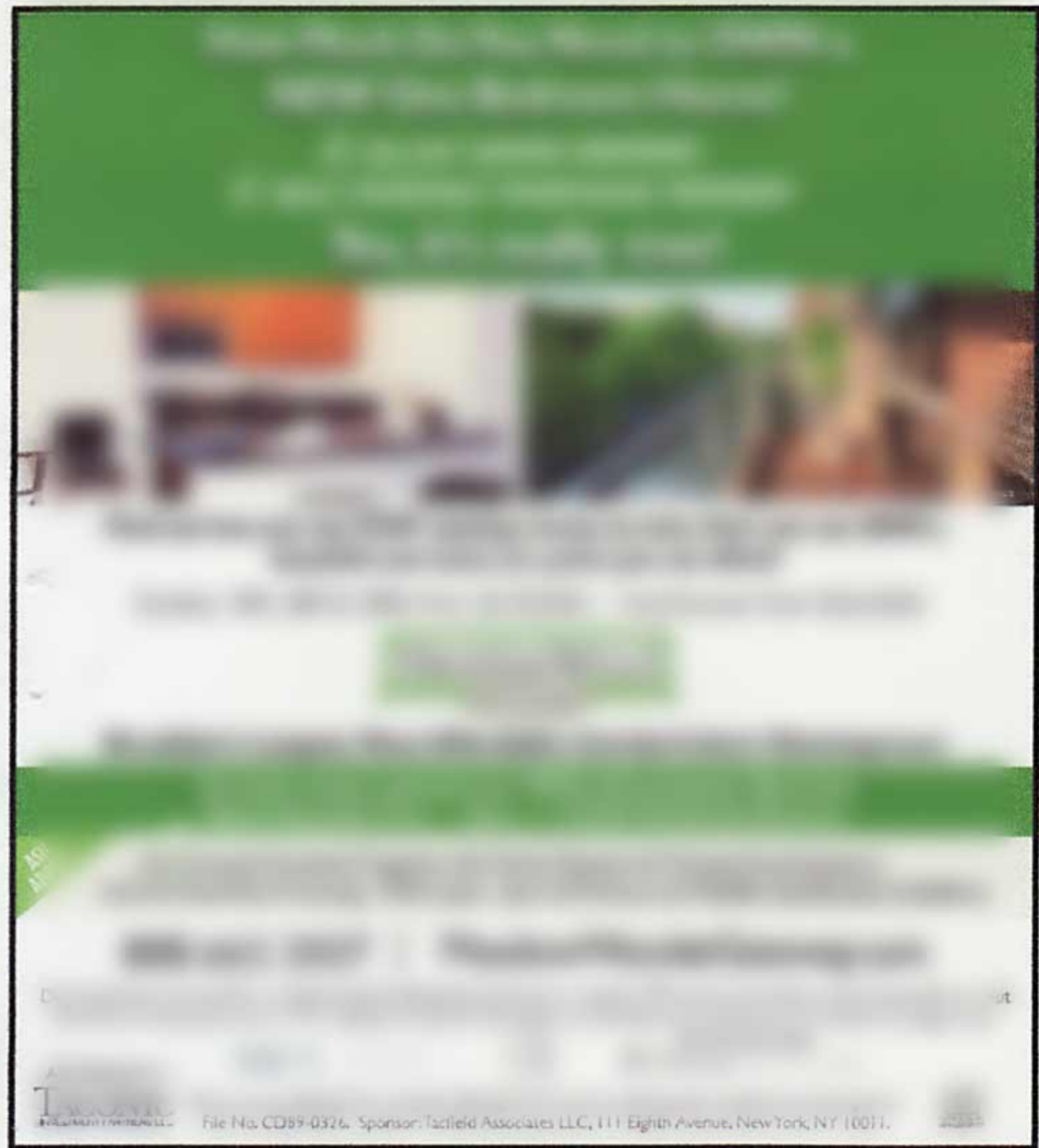
Toy Space, the second location of the popular Park Slope shop, is supplying the children of Brooklyn with educational and imaginative toys.

Mimi's Market
1211 Cortelyou Road,
718-284-4446

Food from all over Brooklyn makes it to Mimi's Market, from Mast Brothers Chocolate to Anarchy in a Jar jam. Fresh breads are delivered daily, as well as small farm cheeses and imports from Europe. Mimi's Hummus, next door, is a local favorite.



John's Bakery & Pastry Shop is a good stop for a midday snack. (PHOTOS: BRIAN DRISCOLL)



Essential visit

Take a self-guided walking tour of the colorful, well-kempt Victorian houses in the neighborhood. Stroll down Malborough, Argyle or Rugby roads. Find bright, multicolored houses with tasteful gardens, some of which have been converted into bed-and-breakfasts.