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HERBAL REMEDIES MADE SIMPLE

A Beginner's Guide to Using Plants, Herbs,
and Flowers for Health and Well-Being

STACEY DUGLISS-WESSELMAN
AND SUSAN GREGG

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Introduction: A Little Magic in Your Life

You know in your heart that plants are magical. Remember, as a child, planting a seed and watching it grow and blossom? It was a tangible metaphor for life, but it hinted at something even deeper. The right plants can help you manifest your dreams and desires. They are living beings with spirit and wisdom; if you open your heart and mind, they can offer you powerful, loving gifts.

The act of creating one of the recipes in this book can be a spiritual practice in itself. Consider incorporating the process into one of your rituals, or simply meditate on a particular plant's message and power as you add it to your concoction. Do your best to stay in the moment as you work with magical plants, and combine ingredients with respect and intention.

You can also use the products you make to bring a little extra magic into the often-overlooked, too-often-rushed everyday moments of your life. Turn your routines into rituals of their own. For example, if your daily face wash is Lavender Cleanser (shown [here](#)), the lavender will infuse you with peace, joy, and a sense of connection (shown [here](#)). Focus on them as you apply it, and turn your regular cleaning into true, mindful cleansing.

To use this book, flip through the top pages to find an interesting recipe you'd like to try. Then flip through the bottom pages (denoted with a number inside of a circle) to discover the magical properties of the plants it features as ingredients. And as you get to know both the techniques and the plants you need in your life, feel free to create and adapt the recipes to your preferences.

Make sure that all of the ingredients you select, whether they are home-grown or purchased at your favorite health food store or new age apothecary, are food-grade and/or safe to use topically. Read the labels, and don't be afraid to ask questions. And then, happy creating!

DOSAGE GUIDELINES

Here are some basic dosage guidelines for both the recipes in this book and those that you make up. Please keep in mind that they are only guidelines and can vary according to the recipe and plant material used.

RECIPE TYPE

SUGGESTED DILUTION (*this may vary depending on the recipe and oil used*)

Massage oil	10 to 30 drops per 1 ounce (30 ml) carrier oil
Compress	3 to 5 drops per 1/4 cup (60 ml) water
Bath soak	5 to 10 drops in bathwater
Room diffuser (aromatherapy)	3 to 5 drops per small bowl of water
Face oil (lotion)/Body oil (lotion)	5 to 10 drops / 10 to 20 drops per 1 ounce (30 ml) of carrier oil

REMEDY TYPE

STANDARD ADULT DOSAGES

Infusions and teas	1 cup (235 ml) 3 times daily
Decoctions	1 cup (235 ml) 3 times daily
Tinctures	1/2 teaspoon 3 times daily
Poultices	2 or 3 times a day for 2 hours at a time (for no longer than 2 days)

WHAT TO AVOID

When using natural plants in recipes, it's important to research every herb prior to use. There are some herbs that may be dangerous if used incorrectly or used at all. The following is a list of essential oils that should be AVOIDED.

- * Bitter almond * Sassafras
- * Calamus
- * Savin
- * Horseradish
- * Tansy
- * Jaborandi leaf * Thuja
- * Mugwort
- * Wormseed
- * Pennyroyal
- * Wormwood
- * Rue
- * Yellow camphor

SKIN CARE

LAVENDER CLEANSER FOR NORMAL, MATURE, OR SENSITIVE SKIN

This is a gentle cleanser with lavender to soothe and tighten and chamomile to calm. The aloe, glycerin, honey, and jojoba all act as humectants, locking moisture in while also calming irritated or sensitive skin.

INGREDIENTS

1 ounce (28 g) fresh **lavender 22**, or 1/2 ounce (14 g) dried **lavender 22**
1 ounce (28 g) fresh **chamomile 74**, or 1/2 ounce (14 g) dried **chamomile 74**
1 quart (1 L) water
1/3 cup (40 g) **aloe vera 6** powder 1 cup (235 ml) vegetable glycerin
1/4 cup (80 g) honey
15 drops jojoba oil
10 drops **rosehip 36** oil

DIRECTIONS

To make the herbal infusion, pour simmering water over the herbs and let them steep for 15 to 25 minutes. You should cover them while steeping to make sure you don't lose any of the plants' goodness.

Strain with a strainer and cheesecloth.

Combine the infusion with the remaining ingredients in a sterile mixing bowl, and mix well with a hand mixer. Once everything is fully mixed together, pour it into a sterile amber bottle. Store it in a cool place, preferably the refrigerator. After 1 week, discard and start fresh.

To use, place the desired amount onto a facial sponge or washcloth and gently wipe in a circular motion, then rinse with warm water and pat dry. Follow with toner and moisturizer.

Yield: 1 quart (1 L), enough for 1 week's worth of cleanser (depending on amount used)



Herbs for Heart & Mind

ALOE VERA

Helps keep you young at heart

ALOE VERA WILL

- ★ Prevent accidents
- ★ Ease the pain of loss
- ★ Protect you
- ★ Bring good luck

Aloe vera in your home will bring good fortune and prevent accidents. Guard against negativity by hanging a leaf over your front door. It will remind you to be patient and that you were meant to blossom and grow. Burn it as incense to invoke the wisdom, love, and protection of the Moon Goddess.

FENUGREEK SEED

Lightens up your mood

FENUGREEK WILL

- ★ Purify your home
- ★ Bring abundance
- ★ Bring your dreams to life

Fenugreek seeds attract money, so add them to your cleaning solution when you mop your floors. Add a few seeds to an open jar in your kitchen every day to make sure you always have more than enough money. When the jar is full, empty them into your backyard and start over. Placing them under your bed will stop nightmares.

PATCHOULI CLEANSER FOR OILY SKIN

This is a wonderful cleanser for oily or acne-prone skin; all the herbs work to control oil production, draw out oils, and fight against bacteria. The additional active ingredients aid the skin's healing process and moisturize without clogging pores or leaving the skin greasy.

INGREDIENTS

- 1/2 ounce (14 g) dried **patchouli 60** seeds
- 1 ounce (28 g) tea tree leaves
- 1 ounce (28 g) **turmeric 12**
- 1 ounce (28 g) dried neem leaf
- 1 ounce (28 g) dried **fennel 19** seeds
- 1/2 ounce (14 g) dried **licorice root 26** (or 2 tablespoons [30 ml] **licorice root 26** extract) 2 quarts (2 L) water, heated to a simmer
- 1/3 cup (40 g) **aloe vera 6** powder 1 cup (235 ml) vegetable glycerin
- 1/4 cup (80 g) honey
- 15 drops of one of the following (or a mixture): baobab oil, argan oil, **camellia 64** oil, grapeseed oil, jojoba oil 5 drops evening primrose oil

DIRECTIONS

To make the herbal infusion, pour simmering water over the herbs and let them steep for 15 to 25 minutes. You should cover them while steeping to make sure you don't lose any of the plants' goodness.

Strain with a strainer and cheesecloth.

Combine the infusion with the remaining ingredients in a sterile mixing bowl, and mix well with a hand mixer. Once everything is fully mixed together, pour it into a sterile amber bottle. Store it in a cool place, preferably the refrigerator. After 1 week, discard and start fresh.

To use, place the desired amount onto a facial sponge or washcloth and gently wipe in a circular motion, then rinse with warm water and pat dry. Follow with toner and moisturizer.

Yield: 2 quarts (2 L), enough for 1 week's worth of cleanser (depending on amount used)

GERANIUM

Encourages you to see life's beauty

GERANIUM WILL

- ★ Invite protection
- ★ Help you conceive a child
- ★ Encourage love
- ★ Attract abundance

Planting geraniums around your home will protect it from negative energies and unwanted visitors. Red will invite love and abundance, while pink will attract friendship and love. White will raise the spiritual vibrations. To relieve stress, make a bath with geranium by putting the leaves and flowers in a mesh bag and hanging it under the faucet.



CHAMOMILE CLEANSER FOR DRY OR MATURE SKIN

This soothing, moisture-enhancing blend of herbs is aided by the natural humectant and skin-soothing effects of aloe, glycerin, and honey.

INGREDIENTS

1 ounce (28 g) dried **chamomile** 74
1 ounce (28 g) dried **alfalfa** 45
1 ounce (28 g) dried calendula
1/2 ounce (14 g) dried **fennel** 19 seeds 1 1/2 quarts (1.5 L) water, heated to a simmer 1/3 cup (40 g) **aloe vera** 6 powder 1 cup (235 ml) vegetable glycerin
1/4 cup (80 g) honey
15 drops jojoba oil
15 drops apricot kernel oil

DIRECTIONS

To make the herbal infusion, pour simmering water over the herbs and let them steep for 15 to 25 minutes. You should cover them while steeping to make sure you don't lose any of the plants' goodness.

Strain with a strainer and cheesecloth.

Combine the infusion with the remaining ingredients in a sterile mixing bowl, and mix well with a hand mixer. Once everything is fully mixed together, pour it into a sterile amber bottle. Store it in a cool place, preferably the refrigerator. After 1 week, discard and start fresh.

To use, place the desired amount onto a facial sponge or washcloth and gently wipe in a circular motion, then rinse with warm water and pat dry. Follow with toner and moisturizer.

Yield: 1 1/2 quarts (1.5 L), enough for 1 week's worth of cleanser (depending on amount used)



CYPRESS

Brings you comfort and joy

CYPRESS WILL

- ★ Encourage longevity
- ★ Provide comfort
- ★ Help heal the mind and body
- ★ Provide protection

Cypress will help you overcome the pain of loss. Wear a sprig to a funeral to help release grief. Plant a tree near your home for protection. To make a cypress wand for healing, make a notch near the base of a branch. Cut it over three to four months, letting each cut heal before deepening the notch.

FEVERFEW

Brings passion to everything you do

FEVERFEW WILL

- ★ Protect you from accidents
- ★ Create a peaceful atmosphere
- ★ Keep you healthy

Feverfew is most powerful around the summer solstice, so gather its leaves then. Carrying a few sprigs on your body will help you avoid accidents and stop you from getting a cold. When the dried leaves are burned as incense, they will fill the room with a profound sense of peace. They are excellent to burn when meditating.

ROSE POWDERED CLEANSER FOR MATURE OR DRY SKIN

This combination of moisture-replenishing clays reduces the appearance of wrinkles by tightening the skin, fighting the signs of aging.

INGREDIENTS

1/2 cup (60 g) kaolin clay

1/3 cup (40 g) oat flour or rice flour 1/3 cup (40 g) rosehip **36** powder 1/4 cup (30 g) rhassoul clay

1 tablespoon (14 g) powdered lavender **22**

1 tablespoon (14 g) powdered rose **36** petals

DIRECTIONS

Combine all the ingredients in a bowl until well blended, and then transfer to a clean, moisture-free container.

To use, spoon some cleanser into the palm of your hand and apply a wetting agent (such as water, milk, almond **17** milk, or honey) to create a paste. Apply to your face and neck, avoiding the eye area. Leave on for 2 to 5 minutes, and then rinse off.

Yield: 1½ cups (180 g)



TURMERIC

Purifies your heart and your mind

TURMERIC WILL

- ★ Protect your home
- ★ Purify a sacred space
- ★ Deepen your spiritual connection

Place a root near your front door for protection. When placed on your altar, it will help deepen your spiritual connection. To purify your home and impart a feeling of peace and sanctity, burn dried turmeric as incense. When ground and mixed with coarse sea salt, the root can be scattered to purify and bless an area.

CHAMOMILE POWDERED CLEANSER

This gentle cleanser with the skin-calming properties of chamomile cleanses the skin without irritating. This cleanser is great for all skin types, even sensitive skin. It leaves the skin refreshed, moisturized, and bright.

INGREDIENTS

1/2 cup (40 g) rolled oats

1/2 cup (60 g) powdered goat's milk (if unavailable just double the rolled oats) 1/4 cup (20 g) powdered **chamomile 74** or **lavender 22** (if unavailable add 1 tablespoon dried **chamomile 74**) 1 1/2 cups (355 ml) soy milk or **almond 17** milk 1 tablespoon (20 g) honey

DIRECTIONS

Blend all the ingredients in a blender until creamy. This recipe can be stored in a sealed sterile container in the refrigerator for up to a week. Alternatively, mix the dry ingredients and store in a sealed container, adding the soy milk and honey when ready to use.

To use, apply the cleanser to the face with a gentle circular motion. Rinse well with warm water.

Yield: 2³/₄ cups (500 g)

SESAME

Opens your mind and your heart

SESAME WILL

- ★ Attract money
- ★ Help you find hidden treasure
- ★ Increase sexual desire

Eating sesame seeds will increase your sexual desire. Place some seeds on your altar to help you find the hidden aspects of yourself and attract abundance. Carrying sesame seeds in a purple velvet bag while you are hunting for treasure will ensure you of success.

FENNEL POWDERED CLEANSER FOR OILY SKIN

Deep cleaning and pore refining, this is a great cleanser for problem skin.

INGREDIENTS

1/2 cup (60 g) kaolin clay

1/4 cup (30 g) neem powder

1/4 cup (30 g) **fennel 19** powder 1/4 cup (30 g) bentonite clay

DIRECTIONS

Combine all the ingredients in a bowl until well blended and then transfer to a clean, moisture-free container.

To use, apply the cleanser to the face with a gentle circular motion. Rinse well with warm water.

Yield: 1¹/₄ cups (150 g)

SUNFLOWER

Shows you how to tap into your inner wisdom

SUNFLOWER WILL

- ★ Make wishes come true
- ★ Deepen your integrity
- ★ Bring you good luck
- ★ Provide protection

Sunflowers represent devotion. To expand your sense of integrity, place a flower head on your altar. Sleeping with them under your pillow will ensure you of always knowing the truth. Finally, taking time to watch sunflowers follow the sun will remind you of the magical nature of life.



CHAMOMILE FACIAL EXFOLIANT

This cleanser is great for all skin types, especially sensitive skin, and leaves the skin refreshed, moisturized, and bright.

INGREDIENTS

1 cup (120 g) powdered cow or goat's milk

1/2 cup (40 g) rolled oats

1/4 cup (35 g) cornmeal

1/4 cup (30 g) powdered **chamomile 74** or **lavender 22** (if unavailable add 1 tablespoon dried **chamomile 74** finely ground with a mortar and pestle) 1 tablespoon (20 g) honey (to be used as wetting agent; amount can be adjusted as needed)

DIRECTIONS

Combine the dry ingredients and mix well. This mixture can be stored in a dry container for several applications; add the wetting agent only at the time of use.

To use, apply the cleanser to the face in a gentle circular motion. Rinse well with warm water.

Yield: 2 cups (245 g)



ALMOND SCRUB FOR ALL SKIN TYPES

With their antioxidant and astringent properties, almonds help treat a variety of skin ailments. Sunflower seeds, full of vitamin E, decelerate the aging of skin cells and diminish the appearance of scars.

INGREDIENTS

2 tablespoons (14 g) finely ground **almonds** **17**
1 tablespoon (7 g) ground **sunflower** **14** seeds 1 tablespoon (5 g) oatmeal
1 tablespoon (7 g) wheat germ
1 tablespoon (8 g) **chamomile** **74** powder
Sweet **almond** **17** oil, water, honey, or milk (used as wetting agent; adjust amount as needed)

DIRECTIONS

Combine all the ingredients in a blender until creamy. Alternatively, you can double the recipe, combine only the dry ingredients, and store in dry, sealed container for several applications, add wetting agents only at the time of use.

To use, apply to the face in a gentle circular motion. Rinse well with warm water.

Yield: 3 ounces (42 g)

SAGE

Helps you access your innate wisdom

SAGE WILL

- ★ Help with divination
- ★ Increase abundance
- ★ Invite longevity
- ★ Protect your home and family

For magical purposes, the leaves are best harvested before the flowers appear. Carrying sage on your person will encourage wisdom and connect you with your intuition. To cleanse your home and create a bubble of protection, burn sage and walk around the perimeter with it. Burn it during meditation to help see into the future.

ORANGE EXFOLIATOR FOR OILY OR COMBINATION SKIN

This creamy mask uses almonds, orange peel, and peppermint to draw out oils and fight acne. It also exfoliates the skin without overdrying or irritating it.

INGREDIENTS

1/2 cup (60 g) kaolin clay

1/4 cup (30 g) finely ground **almonds** 17

1/2 cup (60 g) powdered goat's milk 2 tablespoons (15 g) cornmeal

2 teaspoons powdered **orange** 76 peel

2 teaspoons dried **peppermint** 78 leaves

Honey, water, or jojoba oil (used as wetting agent; adjust amount as needed)

DIRECTIONS

Combine the dry ingredients, mix well, and store in a dry sealed container until ready to use. Add the wetting agent only at the time of use.

To use, apply to the face in a gentle circular motion. Rinse well with warm water.

Yield: 1 1/2 cups (180 g)

ALMOND

Teaches you about wisdom

ALMOND WILL

- ★ Attract abundance
- ★ Deepen your connection to spirit
- ★ Bring deeper understanding to complex issues

Almond oil will deepen your connection to spirit and help bring understanding to complex issues. Rub a little on your forehead and temples or sprinkle it around the room. For help making a decision, place a few almonds under your pillow and think about the issue before going to sleep. You will get an answer in your dreams.

ROSE WATER TONER

Rose water retains moisture, fighting the signs of aging and balancing the skin. This toner is soothing and nourishing for all skin types, especially dry, mature, and sensitive types.

INGREDIENTS

1/2 cup (120 ml) distilled water

1/2 cup (120 ml) **rose 36** water (can also use **rose 36** or **rosehip 36** infusion) 1/4 cup (60 ml) **witch hazel 44**

1 tablespoon (14 g) **aloe vera 6** gel or **aloe vera 6** powder

DIRECTIONS

Mix all the ingredients together. Pour the mixture into a sterile container, label it, and date it.

To use, moisten a cotton facial pad with toner. Wipe gently in small circles, focusing on the forehead, nose, and chin. Be careful to avoid the delicate eye area. Follow with moisturizer.

Yield: 1 1/4 cups (300 ml)

CUCUMBER

Helps you see from a more expansive perspective

CUCUMBER WILL

- ★ Increase fertility
- ★ Facilitate healing
- ★ Deepen your spiritual connection

If you're hoping to have a child, eat the seeds of the cucumber. It will increase your fertility. Putting fresh cucumber peels on your altar before you meditate will deepen your meditation. To remove negative energy in a room, place several cups of fresh peels in a muslin bag and swing it around the room.

WITCH HAZEL TONER

The antiseptic and antibacterial properties of tea tree oil, thyme, and black willow bark fight acne-causing bacteria and oils, revealing toned, balanced skin.

INGREDIENTS

1/2 cup (120 ml) distilled water

1/4 cup (60 ml) **witch hazel** 44

3/4 teaspoon **aloe vera** 6 gel 10 drops tea tree essential oil

5 drops black **willow** 42 bark essential oil 5 drops **thyme** 50 essential oil

DIRECTIONS

Mix all the ingredients together. Pour the mixture into a sterile container, label it, and date it.

To use, moisten a cotton facial pad with toner. Wipe gently in small circles, focusing on the forehead, nose, and chin. Be careful to avoid the delicate eye area. Follow with a moisturizer.

Yield: 3/4 cup (180 ml)



FENNEL SEED

Improves your memory

FENNEL WILL

- ★ Protect your home
- ★ Purify your mind, body, and spirit
- ★ Give you courage

Let a jar filled with fennel leaves and olive oil infuse for at least a month. Use the oil to encourage healing by rubbing it on the affected area. To purify and protect your residence, sprinkle some of the oil around it. Adding seeds to your bathwater will strengthen your body, help you relax, and clear your mind.

ACNE TONER

Yarrow and calendula soothe damaged skin and help prevent scars, while patchouli and tea tree fight acne-causing bacteria. This toner is refreshing for oily, problematic skin.

INGREDIENTS

2 cups (470 ml) distilled water, brought to a simmer
1 tablespoon dried **yarrow** 79
1 tablespoon dried calendula leaves
1 teaspoon freshly squeezed **lemon** 59 juice 1 tablespoon (20 g) honey
1/4 cup (60 ml) **witch hazel** 44
4 drops **patchouli** 60 essential oil
3 drops tea tree essential oil

DIRECTIONS

To make the herbal infusion, pour simmering water over the yarrow and calendula and let them steep for 15 to 25 minutes. You should cover them while steeping to make sure you don't lose any of the plants' goodness.

Strain with a strainer and cheesecloth.

Add the lemon juice, honey, witch hazel, and essential oils to the infusion. Pour into a sterile container, label it, and date it.

To use, moisten a cotton facial pad with toner. Wipe gently in small circles, focusing on the forehead, nose, and chin. Be careful to avoid the delicate eye area. Follow with a moisturizer.

Yield: 2¹/₄ cups (530 ml)

Herbs for Spirit

APPLE

Teaches you about the power of Earth magic

APPLE WILL

- ★ Attract love
- ★ Deepen your spiritual connection
- ★ Teach you about Earth magic

Placing a bouquet of apple blossoms in your home will attract love or enhance the relationship you're already in. To expand your ability to see into the future and deepen your connection to all Earth magic, place a branch on your altar. Eating an apple before you meditate will increase your ability to access ancient wisdom.



ACNE SKIN TREATMENT OIL OR CLEANSER

This blend of essential oils helps cleanse bacteria and refreshes the skin without overdrying or irritating it. It's great for those with combination skin.

INGREDIENTS

1/2 cup (120 ml) distilled water (substitute 1/4 cup [60 ml] jojoba or grapeseed oil if used as a treatment oil)

5 drops rosemary essential oil

5 drops **thyme 50** essential oil

2 drops **lemon 59** essential oil

6 drops German **chamomile 74** essential oil 4 drops **sage 16** essential oil

1/4 cup (60 ml) hazelnut oil

DIRECTIONS

Blend all the ingredients well and store in a sterile container.

To use as a treatment oil, apply a few drops to the fingertips and massage onto skin; do not rinse. To use as a cleanser, apply 1 tablespoon (15 ml) of the mixture to the face in a circular motion. Rinse and pat dry, then follow with a toner and moisturizer of your choice.

Yield: $\frac{3}{4}$ cup (180 ml) cleanser or $\frac{1}{2}$ cup (120 ml) treatment oil



HEALING FACIAL TONIC

If you're surprised to see marshmallow root as a healing element, consider this: It's actually where campfire marshmallow roasting started. Parents roasted the root on their stoves to ease children's sore throats and coughs.

INGREDIENTS

- 2 cups (470 ml) distilled water
- 1 teaspoon chopped **comfrey** 47 root
- 1 teaspoon chopped marshmallow root
- 1 teaspoon dried **chamomile** 74
- 1 teaspoon dried calendula
- 2 tablespoons (30 ml) **witch hazel** 44
- 1 teaspoon vegetable glycerin
- 5 drops **lavender** 22 essential oil
- 5 drops **juniper** 40 essential oil

DIRECTIONS

To make a decoction, bring water with herbs to a steady simmer and cover. Let it simmer for at least 45 minutes or longer.

Place a strainer over a clean container and pour. Use the back of a spoon to press any remaining liquid through the strainer. You can use cheesecloth in place of the strainer, but be sure to wring it out. Your decoction is ready for consumption or can be stored for later use in the refrigerator for 3 to 4 days.

Add the witch hazel, glycerin, and essential oils to the decoction. Pour into a sterile container, label it, and date it.

To use, moisten a cotton facial pad with toner. Wipe gently in small circles, focusing on the forehead, nose, and chin. Be careful to avoid the delicate eye area. Follow with a moisturizer.

Yield: 2 cups (470 ml)

LAVENDER

Gives you a fresh spiritual outlook

LAVENDER WILL

- ★ Infuse you with peace, joy, and a sense of connection
- ★ Control anger
- ★ Deepen your spiritual awareness
- ★ Repel negativity

Place dried lavender flowers on your altar to deepen your spiritual connection and expand your awareness. Hang flowers over your front door to fill your home with love. Use dried lavender anytime as incense to deepen your meditations and fill your home with the magic of Midsummer Night's Eve.



SENSITIVE SKIN TONER

Rose petals and chamomile soothe and nourish the skin, while orange blossoms calm and brighten. This toner is great for dry and sensitive skin types.

INGREDIENTS

3 cups (705 ml) distilled water

2 tablespoons dried **rose 36** petals

2 tablespoons dried **chamomile 74**

3 tablespoons dried **orange 76** blossom flower 1/4 cup (60 ml) **witch hazel 44**

5 drops **jasmine 54** essential oil

5 drops neroli essential oil

DIRECTIONS

To make the herbal infusion, pour simmering water over the herbs and let them steep for 15 to 25 minutes. You should cover them while steeping to make sure you don't lose any of the plants' goodness.

Strain with a strainer and cheesecloth.

Add the witch hazel and essential oils to the infusion and mix well. Pour into a sterile container, label it, and date it.

To use, moisten a cotton facial pad with toner. Wipe gently in small circles, focusing on the forehead, nose, and chin. Be careful to avoid the delicate eye area. Follow with a moisturizer.

Yield: 3 1/4 cups (765 ml)

BASIC LOTION BASE

This recipe is a great base lotion that allows you to customize the essential oils to your needs or preferences. The oils used are beneficial for all skin types, but as you experiment more, these too can be substituted to your liking.

INGREDIENTS

For Phase A:

1¹/₄ cups (295 ml) distilled water

For Phase B:

1/4 cup (60 ml) sweet almond **17** oil

1/4 cup (60 ml) evening primrose oil 2 tablespoons (30 ml) meadowfoam seed oil

3 tablespoons (42 g) emulsifying wax

For Phase C:

15 drops essential oil of your choice (such as angelica **46**, bergamot **73**, bay leaf **24**, cedarwood **29**, dill **70**, frankincense **27**, myrrh **34**, or sandalwood **30**)

DIRECTIONS

For Phases A and B: Measure out all the ingredients for phase A (water phase) and put them into a regular saucepan. Measure out all the ingredients for phase B (oil phase) and put them into a double boiler. A double boiler is used for the oils to avoid burning them.

Bring both phases to 170°F (77°C).

Once both phases are at the correct temperature, remove them from the heat and pour phase A into phase B, mixing continuously. Keep stirring the two phases while they start to cool.

Let them cool.

For Phase C: Once the mixture has cooled to 120°F (49°C) or less, add phase C ingredients, and stir constantly until cool. Store in a sterile container, label it, and date it.

To use, after cleansing and toning, apply lotion in a circular motion. Be careful around the delicate eye area.

Yield: 2 cups (470 ml)



BAY LEAF

Deepens your awareness of your divinity

BAY LEAF WILL

- ★ Enhance any magical endeavors
- ★ Strengthen your spiritual connection
- ★ Increase creativity
- ★ Bless and protect your home

To increase your psychic powers, purify your home, and enhance any magical rituals you perform, burn dried bay leaves as incense. Hanging a bay wreath in your home will bring you wisdom, inspiration, abundance, and justice. A leaf carried on your person will ward off curses and negative energy.

VALERIAN ROOT

Helps you connect with your magical essence

VALERIAN ROOT WILL

- ★ Attract love
- ★ Ensure a good night's sleep
- ★ Create a protective shield
- ★ Purify your home

To surround your home in a protective bubble, hang the root over your door. To attract love, place a small piece of the root in an amulet and wear it around your neck. When two people are fighting, place some of the root near them, and the fighting will stop immediately.

LIGHT MOISTURIZING OIL OR CLEANSER

This is a great moisturizing oil or cleanser for sensitive skin types.

INGREDIENTS

1/2 cup (120 ml) distilled water (omit if used as a treatment oil)

2 teaspoons vegetable glycerin (substitute 1/4 cup [60 ml] jojoba or borage oil if this will be used as a treatment oil) 5 drops **chamomile 74** essential oil

2 drops **lavender 22** essential oil

DIRECTIONS

Blend all the ingredients well and store in a sterile container.

To use as a treatment oil, apply a few drops to your fingertips and massage onto skin; do not rinse. To use as a cleanser, apply about 1 tablespoon (15 ml) of the mixture to your face in a circular motion. Rinse and pat dry, then follow with toner and moisturizer.

Yield: 1/2 cup (120 ml) cleanser or 1/4 cup (60 ml) treatment oil

LICORICE ROOT

Helps you connect with your magical essence

LICORICE ROOT WILL

- ★ Attract love
- ★ Bring you good luck
- ★ Help you stop smoking

Energetically, licorice plants make wonderful wands. If you're trying to stop smoking, chew on the fresh or dried root. Doing so will also bring you good luck. To attract love, add licorice root to an amulet. Hanging a licorice root sachet in your closet will banish negative energy and make you feel more attractive.

CUCUMBER EYE GEL

This hydrating eye gel soothes and calms tired eyes. Cucumber juice and aloe vera act like an instant drink of water for your skin, hydrating thirsty cells.

INGREDIENTS

- 1 tablespoon (14 g) **aloe vera 6** gel
- 1 teaspoon fresh **cucumber 18** juice, strained (best if you have a juicer) $\frac{1}{4}$ teaspoon cornstarch
- 1 tablespoon (15 ml) **witch hazel 44**

DIRECTIONS

In a double boiler, combine the aloe, cucumber juice, and cornstarch and warm carefully; be careful not to overheat or bring to a boil. Remove and transfer to a bowl, and mix in the witch hazel. Allow to cool completely before transferring the mixture to a sterile container. This gel will last a week if properly stored; it's best to store in the refrigerator, and doing so also makes it a refreshing eye treatment.

To use, apply under the eye in an upward, dotting motion, being careful not to pull on the skin.

Yield: 2 tablespoons (30 ml)



FRANKINCENSE

Helps deepen your spiritual connection

FRANKINCENSE WILL

- ★ Purify and raise the spiritual vibration of your home
- ★ Create peace of mind
- ★ Improve concentration

When the dried herb is burned as incense, frankincense gives off very powerful spiritual vibrations. Frankincense cleanses, purifies, consecrates, and blesses the area by clearing it of negative energies. It will quiet the mind and improve the ability to concentrate. If you burn it while meditating, it will enhance your meditation and induce visions.

LIP-PLUMPING MOISTURE GLOSS

A great moisturizing balm, this recipe uses anise and cinnamon essential oils to create a gentle, natural plumping effect. To add color to the gloss, you can stir in beet juice or beet powder.

INGREDIENTS

2 teaspoons beeswax

2 teaspoons coconut oil

1/4 teaspoon vitamin E oil

2 tablespoons (30 ml) sweet **almond 17** oil 2 or 3 drops **cinnamon 68** essential oil

2 drops **anise 66** essential oil

DIRECTIONS

Place the beeswax, coconut oil, vitamin E oil, and almond oil in a double boiler over medium heat. Stir until melted and remove from the heat. Slowly stir in the essential oils. Slowly pour into a sealable, sterile container. Let cool and solidify before using.

To use, apply to the lips as needed.

Yield: 3 tablespoons (45 ml)



AMARANTH

Deepens your connection to spirit

AMARANTH WILL

- ★ Promote long life
- ★ Make you feel unstoppable
- ★ Deepen your connection to the gods and goddesses

Wearing a wreath made of amaranth flowers will assist you in connecting with your spirit in a profound manner. To make a wreath, you can wind the flowers around a circle made from a willow branch or a thin piece of bamboo.

CEDAR

Cocoons you with your spiritual essence

CEDAR WILL

- ★ Dispel negative energy
- ★ Open you up to higher levels of spiritual consciousness
- ★ Chase away nightmares
- ★ Attract love

To banish negative energy, burn some cedarwood as incense. It will also raise the spiritual vibration of the area where it is burned. Make your altar out of cedarwood if you want to deepen your connection to your spiritual side and to spirit in general.

VANILLA LIP BALM

This recipe makes a simple and tasty lip balm.

INGREDIENTS

1 teaspoon organic honey
2 tablespoons (30 ml) sweet almond **17** oil 2 teaspoons beeswax
1/2 teaspoon candelilla wax
5 drops vanilla **62** extract

DIRECTIONS

In a clean bowl, mix together all the ingredients. Pour into a sealable, sterile container.

To use, gently rub the mixture onto your lips with a clean fingertip.

Yield: 3 tablespoons (45 ml)



SANDALWOOD

Makes your entire life a sacred act

SANDALWOOD WILL

- ★ Help you focus your attention
- ★ Attract love
- ★ Increase clairvoyance
- ★ Call spirit helpers

To make your deepest hopes, dreams, and desires come true, burn Sandalwood as incense once a day while clearly visualizing your desired outcomes. Place Sandalwood on your altar to open a doorway for spiritual helpers to come to your aid. Hold it to your forehead to enhance your clairvoyant abilities.



CHAMOMILE SUN RELIEF INFUSION

Chamomile is known for its soothing effects on the body, both internally and externally. This infusion works amazingly well to soothe and take the sting out of sunburn. It's great to keep on hand in the refrigerator as a cooling skin treatment after a (too long) day in the sun.

INGREDIENTS

1 to 2 tablespoons (2 to 4 g) dried **chamomile** **74**
1 cup (235 ml) water, simmering
2 tablespoons (30 ml) **apple** **20** cider vinegar

DIRECTIONS

Pour water over chamomile and let it steep for 15 to 25 minutes. You should cover it while steeping to make sure you don't lose any of the plant's goodness.

Place a strainer and cheesecloth over your cup or sealable container and strain.

Add the apple cider vinegar. Pour the mixture into a sterile spray bottle and place it in the refrigerator to cool.

To use, spray on the affected area (do not rub on the skin) and let dry. Reapply as needed.

Yield: 1 cup (235 ml)

LAVENDER ALOE SPRAY

This spray is great to have on hand during the summer months; not only is it super refreshing and hydrating to the skin, but its soothing effects also feel great on sunburned skin.

INGREDIENTS

1 cup (235 ml) **aloe vera** **6** gel (oil extract or powder can also be used)

1/2 cup (120 ml) **witch hazel** **44**

1/2 cup (120 ml) distilled water 15 drops **lavender** **22** essential oil

DIRECTIONS

Pour all the ingredients into a sterile spray bottle, seal, and shake. Place in the refrigerator to cool.

To use, spray on the affected area (do not rub on the skin) and let dry. Reapply as needed.

Yield: 2 cups (470 ml)

Herbs for Love

PASSIONFLOWER

Shows you how to be a friend

PASSIONFLOWER WILL

- ★ Calm emotions
- ★ Fill your home with peace
- ★ Attract friends
- ★ Ensure a peaceful night's sleep

Grow a passionflower plant near your home to fill your life with a sense of peace, ease, and joy. To deepen your connection with your divinity, place the flowers on your altar. Carrying a few petals in an amulet will attract love and friendship.

SUN RELIEF MILK

Very soothing to the skin, this combination relieves the pain of sunburn while helping heal the skin with the hydrating effects of aloe and the anti-inflammatory properties of cucumber.

INGREDIENTS

1/2 cup (120 ml) **aloe vera** **6** juice
1/2 cup (120 ml) **cucumber** **18** juice 1 cup (235 ml) buttermilk
10 drops **lavender** **22** essential oil

DIRECTIONS

Combine all the ingredients in a bowl, and soak some cheesecloth or muslin strips in the mixture.

To use, apply the strips to the sunburned area and let sit. Alternatively, you can pour the mixture into a bath and use as a soak.

Yield: 2 cups (470 ml)

VIOLET

Helps you connect with the ancient power of love

VIOLET WILL

- ★ Attract love
- ★ Surround you with supportive people and spirits
- ★ Remind you of the importance of dedication
- ★ Fill your life with joy

Violets have long been associated with love, attracting helpful and loving spiritual beings, and pulling in powerful healing vibrations. They generate the energy of steadfastness. Surround yourself with violets to remind you to be true to yourself and follow through on all your commitments.

BODY CARE

SLEEP EASE TEA

Soothe yourself to sleep with this relaxing blend. Chamomile and valerian are well known for calming the nerves.

INGREDIENTS

1 part **chamomile** 74
1/4 part oat straw 1/4 part linden flower 1/4 part dried **passionflower** 32 leaves 1/4 part **valerian** 25
1/4 part **lemon verbena** 56
1/4 part calendula Honey, to taste

DIRECTIONS

To make the herbal infusion, pour simmering water over the herbs and let them steep for 15 to 25 minutes. You should cover them while steeping to make sure you don't lose any of the plants' goodness.

Strain with a strainer and cheesecloth.

To use, drink prior to bedtime.



MYRRH

Opens your heart to love

MYRRH WILL

- ★ Invoke the divine feminine
- ★ Deepen your connection to your spirit
- ★ Create a feeling of peace and joy
- ★ Facilitate healing

Myrrh was used by the Egyptians to honor Isis, the goddess of love. Add it to an amulet to attract love, peace, joy, and happiness. To bless and sanctify your home, burn myrrh with frankincense as incense. Burn it while you meditate to deepen your meditations.

BASIL

Fills your life with love

BASIL WILL

- ★ Calm tempers
- ★ Banish evil from your home
- ★ Bring luck, prosperity, and harmony
- ★ Mend lovers' quarrels

To find out whether a relationship will last, gently place two sprigs of basil in a fire. If they pop and jump, the relationship will be volatile. If they move apart, the relationship won't last. If they stay together, the relationship will be harmonious. To mend a lovers' quarrel, place sprigs of it around the bedroom.

STRESS TEA

Fruity and aromatic, chamomile gently calms and lemon balm lifts the spirits and reduces anxiety.

INGREDIENTS

1 part **chamomile** **74**
1/2 part **rosehips** **36**
1/4 part **lemon balm** **41**
1/4 part **orange** **76** peel 1/4 part linden blossoms 1/4 part oat straw

DIRECTIONS

To make the herbal infusion, pour simmering water over the herbs and let them steep for 15 to 25 minutes. You should cover them while steeping to make sure you don't lose any of the plants' goodness.

Strain with a strainer and cheesecloth.

To use, drink as needed.



ROSES

Fills your life with romance

ROSES WILL

- ★ Bring peace
- ★ Attract love
- ★ Mend the pain of loss
- ★ Empower you

Rose is the master herb of love. Placing a bouquet of roses on your altar will deepen your experience of divine love. To balance your emotions and enhance self-love and acceptance, bathe with some rose petals floating on the water. Doing so will help you relax and become more centered. To attract love, put some rose petals in an amulet.



HEADACHE TEA

Feverfew is known for its headache-and migraine-alleviating abilities. Lemon balm eases anxiety and calms the nerves.

INGREDIENTS

1/2 part **lemon balm** **41**

1/4 part **feverfew** **11**

1/4 part **lavender** **22**

1/4 part **chamomile** **74**

DIRECTIONS

To make the herbal infusion, pour simmering water over the herbs and let them steep for 15 to 25 minutes. You should cover them while steeping to make sure you don't lose any of the plants' goodness.

Strain with a strainer and cheesecloth.

To use, drink as needed, up to 4 or 5 cups a day, until the headache subsides.



HIBISCUS

Helps you live your life from a place of love

HIBISCUS WILL

- ★ Open your heart to love
- ★ Help you see into the future
- ★ Help you to relax and let go of your fears

Hibiscus can help you make decisions about your future. Hold a flower in your hand while you are meditating and look closely at its leaves. Feel its presence and see what sort of insights it brings to you.



COLD EASE TEA

Echinacea is a powerful immune system stimulant, increasing white blood cell production. This tea is great to take with the onset of a cold and has an energizing peppermint flavor.

INGREDIENTS

1 part **echinacea** **49** root

2 parts **peppermint** **78** leaves 1/2 part **yarrow** **79** leaves 1/2 part **lemon balm** **41** leaves 1/2 part **sage** **16** leaves Honey, to taste

DIRECTIONS

To make the herbal infusion, pour simmering water over the herbs and let them steep for 15 to 25 minutes. You should cover them while steeping to make sure you don't lose any of the plants' goodness.

Strain with a strainer and cheesecloth.

To use, drink as needed at the onset of a cold.



JUNIPER

Surrounds you with love

JUNIPER WILL

- ★ Protect you
- ★ Attract love
- ★ Keep you safe from accidents

Hang a branch of Juniper over your front door to protect your home and keep negative energies from entering. To prevent accidents and attract love, place some berries in an amulet and wear it around your neck. To purify an area, burn the dried leaves as incense.

LEMON BALM

Fills your heart with compassion

LEMON BALM WILL

- ★ Attract love
- ★ Help you release judgments
- ★ Deepen your spiritual connection

Dried lemon balm leaves and flowers are a wonderful addition to love amulets. To help make your dreams manifest, write them down and wrap them and a lemon balm plant (except the roots) in linen, tie the bundle with silk thread, and place it on your altar. Say a prayer, and bury the bundle once it's been answered.

SORE THROAT AND COUGH HONEY

Use the following herb blend to help soothe a sore throat and ease a cough.

INGREDIENTS

1 part **thyme** 50
1/2 part **fenugreek** 7
1/2 part **peppermint** 78
1/2 part **lemon balm** 41
honey

DIRECTIONS

To make an herbal honey, start by selecting your herbs. When you are using fresh herbs, make sure they are clean, and then coarsely chop them. Use equal parts honey to herbs (or half the amount of herbs if using dried). This process can also be used with tinctures; use equal parts honey to tincture. Place the herbs in a sterile, sealable container.

It's often easiest to work with warm honey, because it helps to release the herbs' curative properties, but be careful not to overheat or boil it. Pour the warm honey over the herbs or tincture and slowly stir the mixture.

Tightly seal the jar, label it, and date it. Let the mixture macerate for at least 1 week; up to or more than a month is best. When you open for the first time, stir well before using.

To use, take 1 to 2 tablespoons (20 to 40 g) daily until symptoms subside. This is also great in tea or warm lemon water.



Herbs for Strength

WILLOW

Helps you release sadness and grief

WILLOW WILL

- ★ Attract love
- ★ Help you find the perfect mate
- ★ Protect your home
- ★ Heal your mind and body

Collect nine willow branches and braid them together while they are fresh. Sweep with the branches to clear spirits from your home or whenever you are performing a healing ritual. You can also form the braid into a circle and place it on your altar. Write down your dreams place them in the center until they manifest.



COLD AND FLU HONEY

These herbs are known to help fight colds and flu but also help soothe throat and bronchial irritations.

INGREDIENTS

1 part rosemary

1 part elder 58

1/2 part ginger 72

1/2 part lemon balm 41

honey

DIRECTIONS

To make an herbal honey, start by selecting your herbs. When you are using fresh herbs, make sure they are clean, and then coarsely chop them. Use equal parts honey to herbs (or half the amount of herbs if using dried). This process can also be used with tinctures; use equal parts honey to tincture. Place the herbs in a sterile, sealable container.

It's often easiest to work with warm honey, because it helps to release the herbs' curative properties, but be careful not to overheat or boil it. Pour the warm honey over the herbs or tincture and slowly stir the mixture.

Tightly seal the jar, label it, and date it. Let the mixture macerate for at least 1 week; up to or more than a month is best. When you open for the first time, stir well before using.

To use, take 1 to 2 tablespoons (20 to 40 g) daily until symptoms subside. This is also great in tea or warm lemon water.







WITCH HAZEL

Removes the pain of loss and reminds you how to love

WITCH HAZEL WILL

- ★ Provide protection
- ★ Locate lost objects
- ★ Balance emotions

For protection, hang some witch hazel branches over your doorways. If you've experienced a recent loss in your life, carry witch hazel leaves on your person. It will help you overcome your pain and balance emotions in general.

ALFALFA

Helps you feel safe by giving you the knowledge that you have more than enough of everything

ALFALFA WILL

- ★ Bring prosperity into your life
- ★ Increase fertility
- ★ Create harmony

To attract abundance into your life, grow alfalfa seeds in a pot on your windowsill. And if you're looking to add a family member, burn the leaves outside on a calm day and then scatter the ashes around your property; this will attract abundance in general.

COLD SEASON TINCTURE

This blend will ensure a speedy recovery from colds and flu.

INGREDIENTS

1 part **thyme** 50 leaves
1 part **echinacea** 49
1 part **violet leaf** 33
1 part **peppermint** 78 leaf 1 part **goldenseal** 75
80 proof alcohol to use as a solvent

DIRECTIONS

Make the tincture: For fresh herbs, use 1 part herb to 2 parts alcohol (for dried herbs increase the liquid to 5 parts). Generally, 15 to 25 percent alcohol will produce the best tincture, ensuring its curative benefits while avoiding contamination from mold.

If you are using fresh herbs, make sure they are clean and any damaged or dying bits are removed. Then chop them; this helps with solvent penetration and will speed the process. Once you've prepared your herbs, select which solvent you will use and measure out the proper ratios. Place the herbs in a sterile sealable container, leaving about 1 inch (2.5 cm) or so of space at the top. Pour your solvent over the herbs, covering them completely.

Seal the mixture tightly, give it a shake, and place it in a dark storage area, away from direct sunlight and heat. It's also wise to label your tincture and include the date. Let the mixture macerate for at least 2 weeks or up to a month, shaking periodically.

Place cheesecloth over your container and strain all the liquid into a clean container. Wring it out, making sure you get all the liquid. Pour it into a dark-colored sterile bottle, label it, and date it. An amber dropper bottle works best, for both dosage convenience and shelf life.

To use, take 3 to 8 drops 2 to 8 times daily until symptoms subside. Can be diluted in water, tea, or juice.



ANGELICA

Surrounds you with a sense of peace, love, and protection

ANGELICA WILL

- ★ Surround you with protection
- ★ Release negative thinking
- ★ Attract abundance
- ★ Help with divination

Angelica is the master herb of protection; it is effective against negative thoughts, misfortune, and even lustful peeping Toms! Wear a pinch of dried angelica in an amulet or grow it around your property to repel negativity and invite angels and fairies into your life.

COMFREY

Makes you feel comfortable in the most challenging situations

COMFREY WILL

- ★ Ensure safe and easy travel
- ★ Protect your suitcases
- ★ Attract abundance

When traveling, place a piece of comfrey root in the bottom of your suitcase to ensure that it arrives safely. Carry a small piece in your pocket to make sure you arrive on time, too. Sprinkle small pieces around your property as a blessing. When burned as incense, it creates an atmosphere of peace and well-being.

NERVE TONIC TINCTURE

The herbs used in this blend help calm the nerves, easing anxiety and stress.

INGREDIENTS

1 part **chamomile** 74
1 part **lemon balm** 41
1 part **lavender** 22 blossom 2 parts oat straw
1/4 part **passionflower** 32
80 proof alcohol to use as a solvent

DIRECTIONS

Make the tincture: For fresh herbs, use 1 part herb to 2 parts alcohol (for dried herbs increase the liquid to 5 parts). Generally, 15 to 25 percent alcohol will produce the best tincture, ensuring its curative benefits while avoiding contamination from mold.

If you are using fresh herbs, make sure they are clean and any damaged or dying bits are removed. Then chop them; this helps with solvent penetration and will speed the process. Once you've prepared your herbs, select which solvent you will use and measure out the proper ratios. Place the herbs in a sterile sealable container, leaving about 1 inch (2.5 cm) or so of space at the top. Pour your solvent over the herbs, covering them completely.

Seal the mixture tightly, give it a shake, and place it in a dark storage area, away from direct sunlight and heat (the kitchen cupboard is fine). It's also wise to label your tincture and include the date. Let the mixture macerate for at least 2 weeks or up to a month, shaking periodically.

Place cheesecloth over a clean container and strain all the liquid into it. Wring it out, making sure you get all the liquid. Pour it into a dark-colored sterile bottle, label it, and date it. An amber dropper bottle works best, for both dosage convenience and shelf life.

To use, take 3 to 8 drops 2 to 8 times daily until symptoms subside. Can be diluted in water, tea, or juice.







DULSE

Teaches you about tenacity

DULSE WILL

- ★ Encourage harmony
- ★ Increase sexual pleasure
- ★ Protect your home

Before an evening with your beloved, add a sprinkle of dried dulse to the beverage of your choice to enhance your sexual pleasure and increase your desire. Sprinkle a pinch of the dried seaweed around the rooms of your home to encourage a sense of harmony, peace, and love. To protect your house, hang some over your front door.

ECHINACEA

Gives you inner strength

ECHINACEA WILL

- ★ Keep love fresh and passionate
- ★ Increase fertility
- ★ Preserve youth
- ★ Attract abundance

Place a bouquet of dried echinacea flowers on your altar to ensure the success of all your magical requests. To attract abundance, sprinkle some dried flowers into your wallet. Add some to an amulet to enhance the strength of any other herb. Plant it in your yard to protect your home and bring magic and miracles into your life.

CALENDULA AND AMARANTH SALVE FOR CUTS AND SCRAPES

Calendula is known for its bacteria-fighting and healing properties. Amaranth flowers, leaves, and roots all possess strong antiseptic properties. This salve is great to use on cuts and scrapes.

INGREDIENTS

2 parts calendula

1 part **plantain 61** leaves 1 part **amaranth 28**

1 cup (235 ml) oil of choice (**sesame 13** oil is recommended) 1/4 cup (54 g) beeswax

DIRECTIONS

In a double boiler, heat oil and beeswax, and melt it.

Slowly stir in the herbs. Let the mixture macerate over low heat for a couple of hours. Using a double boiler keeps it from burning, but keep an eye on the water level, as it will evaporate quickly.

Remove from the heat. Place a cheesecloth or muslin over a clean container and pour the mixture into it.

Use a spatula or the back of a large spoon to press the herbs and get any liquid out.

Pull the sides of the cheesecloth together, then wring out any remaining oils.

Pour into a clean, sealable container.

Seal, label, and date. Let stand until the ointment is cool and has solidified before use.

To use, apply to cuts and scrapes as needed.

Yield: 1¼ cups (300 ml)



THYME

Strengthens your will

THYME WILL

- ★ Help you sleep
- ★ Purify your home
- ★ Give you courage
- ★ Attract love

Dried thyme incense will make everyone in your house healthy, purify the space, and fill it with love and peace. A thyme tea bath will help release the past, fill you with peace and love, increase your willpower, and give you courage. Add 2 tablespoons dried thyme to 2 cups boiling water. Let steep for ten minutes, strain, and add to bathwater.



COMFREY JOINT AND BRUISE SALVE

Comfrey is highly valued for its soothing abilities, facilitating the healing of damaged tissue.

INGREDIENTS

2 parts **comfrey** 47

1 part **thyme** 50

1 part rosemary

15 drops **arnica** 67 extract 5 drops **lavender** 22 essential oil 1 cup (235 ml) **sesame** 13 oil or other carrier oil of choice 1/4 cup (54 g) beeswax

DIRECTIONS

In a double boiler, heat oil and beeswax, and melt it.

Slowly stir in the herbs. Let the mixture macerate over low heat for a couple of hours. Using a double boiler keeps it from burning, but keep an eye on the water level, as it will evaporate quickly.

Remove from the heat. Place a cheesecloth or muslin over a clean container and pour the mixture into it.

Use a spatula or the back of a large spoon to press the herbs and get any liquid out.

Pull the sides of the cheesecloth together, then wring out any remaining oils.

Pour into a clean, sealable container.

Seal, label, and date. Let stand until the ointment is cool and has solidified before use.

To use, apply to the affected area as often as needed.

Yield: 1¼ cups (300 ml)









EUCALYPTUS

Helps you breathe easier and release fear

EUCALYPTUS WILL

- ★ Help with all forms of healing
- ★ Protect your home
- ★ Enhance your financial success

The dried flowers make a powerful stuffing for poppets (magical dolls) for healing emotional, spiritual, and physical ailments. Sprinkle the oil around the inside of your home to raise the spiritual vibration and dispel any residual negative energy. If you sleep with the leaves under your pillow, they will induce sweet dreams and prevent colds.



BEAUTY SALVE

Lavender is known for its amazing hydrating and healing properties when applied to the skin. Hibiscus is beneficial for softening the skin while firming and lifting.

INGREDIENTS

1 part lavender **22**

1 part hibiscus **38**

1/2 part rose **36** petals 1/4 cup (54 g) shea butter 1 cup (235 ml) jojoba or rosehip **36** oil 1/4 cup (54 g) beeswax

DIRECTIONS

In a double boiler, heat shea butter, oil, and beeswax, and melt it.

Slowly stir in the herbs. Let the mixture macerate over low heat for a couple of hours. Using a double boiler keeps it from burning, but keep an eye on the water level, as it will evaporate quickly.

Remove from the heat. Place a cheesecloth or muslin over a clean container and pour the mixture into it.

Use a spatula or the back of a large spoon to press the herbs and get any liquid out.

Pull the sides of the cheesecloth together, then wring out any remaining oils.

Pour into a clean, sealable container.

Seal, label, and date. Let stand until the ointment is cool and has solidified before use.

To use, apply daily to face or to areas of concern, such as the lips, under the eyes, or the neck. This can even be used as a cuticle treatment or on the elbows and heels.

Yield: 1¼ cups (300 ml)



JASMINE

Helps you let go of your fears and create balance

JASMINE WILL

- ★ Attract abundance
- ★ Deepen your spiritual connection
- ★ Help you feel loved

Plant jasmine on the south side of your property to provide protection. The smell from the flowers will enhance your dream life and help you develop new ideas. It will deepen your meditations and your spiritual connection. Growing jasmine in your home will attract abundance and fill your life with a sense of peace and love.



JOINT AND MUSCLE SOAK

This detoxifying soak will soothe and relax achy joints and muscles.

INGREDIENTS

1 cup (288 g) Epsom salt

1/4 cup (72 g) dendrite salt 1/2 cup (120 g) baking soda 1/4 cup (24 g) **juniper 40** berries 3 drops **cypress 10** essential oil 3 drops **peppermint 78** essential oil 3 drops **chamomile 74** essential oil 3 drops rosemary essential oil

DIRECTIONS

Gather all the ingredients and put in a muslin bag, shake it, and tie it shut.

To use, place the bag in the tub under warm running water. The bag can remain in the tub throughout your entire bath.

Yield: 1 bath bag

Herbs for Strength

LEMON VERBENA

Protects you from nightmares

LEMON VERBENA WILL

- ★ Stop bad dreams
- ★ Purify your home
- ★ Encourage love
- ★ Lighten your mood

If you want to avoid dreaming, place a leaf under your pillow at night. Adding the dried crushed leaves to a candle and burning the candle on your altar will purify your home and invoke spiritual blessings. When the dried leaves are burned as incense, they will dispel negative energies and encourage love.



RELAXING BATH BAG

Wash the day's stresses away with this amazing blend of herbs geared to ease tension and stress.

INGREDIENTS

- 1/4 cup (8 g) dried **chamomile** 74
- 1/4 cup (8 g) dried **lavender** 22
- 1/4 cup (8 g) dried **rosehips** 47
- 1 tablespoon (8 g) dried **comfrey** 47 leaf

DIRECTIONS

Gather all the ingredients and put in a muslin bag, shake it, and tie it shut.

To use, place the bag in the tub under warm running water. Relax and soak. The bag can remain in the tub throughout your entire bath.

Yield: 1 bath bag



COLD AND FLU BATH OIL

An oil bath not only eases sore muscles and aches associated with a cold or flu, but it also offers aromatherapy to ease congestion.

INGREDIENTS

2 tablespoons (30 ml) jojoba oil

2 tablespoons (30 ml) sweet **almond 17** oil 3 drops sweet **basil 35** essential oil 3 drops rosemary essential oil

3 drops **peppermint 78** essential oil 3 drops **eucalyptus 52** essential oil 3 drops **lemon 59** essential oil

DIRECTIONS

Add all the oils to warm running bathwater and stir. Relax and soak.

Yield: 1 bath

ELDER

Gives you a fresh outlook on life

ELDER WILL

- ★ Bring prosperity
- ★ Accelerate healing
- ★ Provide protection

Use elder flower water to clear out negative energy, fill your home with a light, vibrant energy, or bless anything: Fill a large jar with fresh elder blossoms (stems removed). Press down and cover with 2 quarts boiling water. Cover with white cloth and let stand in a warm place for 8 hours. Strain through fine muslin.

SKIN-SOFTENING MILK BATH

This bath treatment relieves stress, eases aches and pains, and softens the skin.

INGREDIENTS

1/2 cup (144 g) Epsom salt

1/4 cup (60 g) baking soda 1/4 cup (60 ml) coconut milk 2 tablespoons (30 ml) sweet almond **17** oil
2 drops vanilla **62** extract 3 drops geranium **8** essential oil 3 drops chamomile **74** essential
oil 2 drops clary sage essential oil

DIRECTIONS

Add all the ingredients to warm running bathwater and stir. Relax and soak.

Yield: 1 bath

LEMON

Refreshes you and purifies your home

LEMON WILL

- ★ Purify your home
- ★ Attract love
- ★ Deepen friendships
- ★ Renew youth

To remove stale or negative energy from your clothes, hang sachets of dried lemon leaves in sachets in your closets. To purify your home, crush the fresh leaves and allow the smell of the oil to fill your home. Add a few drops of lemon oil to your laundry to attract friends and lovers.

FOOTBATH

This refreshing recipe moisturizes and softens tired, overworked feet.

INGREDIENTS

5 to 6 cups (1175 to 1410 ml) boiling water

1/2 cup (16 g) dried lavender **22**

1/4 cup (22 g) dried ginger **72** or ginger **72** powder 1/4 cup (8 g) ground sage **16**

2 tablespoons (3 g) dried peppermint **78**

2 tablespoons (7 g) dried rosemary

10 drops lemon verbena **56** essential oil 1 tablespoon (20 g) Epsom salt

DIRECTIONS

Combine all the ingredients in a large bowl or footbath. Let steep until cool enough to be tolerated by your feet.

To use, soak your feet and relax. Always be sure to test the water before putting your feet in.

Yield: 1 footbath



PATCHOULI LEAF

Helps ground you and sets you free

PATCHOULI LEAF WILL

- ★ Attract money
- ★ Ensure fertility
- ★ Deepen your connection to Mother Earth

If you've been feeling out of sorts, burn some patchouli incense. It will deepen your connection to the Earth and bring a sense of peace and calm into your home.

When worn in an amulet, patchouli will arouse sexual interest and attract love. Placed under your bed, it will help you become pregnant.

PLANTAIN

Helps you feel grounded

PLANTAIN WILL

- ★ Heal your mind and body
- ★ Protect you and your home
- ★ Dispel fatigue
- ★ Give you extra strength

To protect yourself from negativity, carry a piece of plantain root in your pocket. Hang a root over your front door to make sure only supportive and loving people enter it. If you're feeling anxious or afraid, take a bath with several pieces. They will relax you and give you the courage to face anything.

COCONUT BALM

This balm is extremely moisturizing, and it smells great, too.

INGREDIENTS

7 tablespoons (105 ml) coconut oil

1 tablespoon (14 g) cocoa butter

1½ teaspoons shea butter 1 teaspoon beeswax

15 drops sweet **orange 76** essential oil 5 drops **ginger 72** essential oil

DIRECTIONS

Melt all the ingredients together in a double boiler until well blended, stirring frequently. Pour the mixture into a sterile, sealable container and let it cool.

To use, rub on areas of the body that need the most moisture. Apply as needed.

Yield: ½ cup (120 ml)

VANILLA

Teaches you how to simplify your life

VANILLA WILL

- ★ Attract love
- ★ Clear your mind
- ★ Raise the spiritual vibrations

To bless and purify an area, soak a vanilla bean in coarse sea salt for several weeks and then scatter the salt around the area. To raise your home's energy, place a bean on your altar. If you'd like to attract abundance, carry a vanilla bean in your wallet.



CELLULITE BODY SCRUB

This recipe combines all the cellulite-fighting ingredients I love into one amazing scrub. Although it is not the prettiest product, it's effective with continued use.

INGREDIENTS

1/3 cup (40 g) powdered kelp

1/4 cup (20 g) **dulse** **48**

1/4 cup (50 g) sugar 1/2 cup (60 g) freshly ground coffee beans 1/4 cups (80 g) coarse sea salt 1 cup (235 ml) **sesame** **13** oil (other oils of your choice can be substituted; sweet **almond** **17** oil works well, too) 10 drops grapefruit essential oil

DIRECTIONS

Mix all the ingredients together and pour into a sterile container of your choice. This recipe can be doubled and stored in the refrigerator for up to 2 or 3 weeks.

To use, while in shower, using your fingertips or a loofah sponge, apply the mixture to the thigh area or any other areas affected by cellulite, and massage thoroughly.

Yield: 2 cups (470 ml)

BROWN SUGAR FOOT SCRUB

This recipe is great for exfoliating and moisturizing dry, cracked feet.

INGREDIENTS

1 teaspoon coconut oil

1/4 cup (60 g) brown sugar 2 tablespoons (30 ml) freshly squeezed **lemon 59** juice 2 tablespoons **aloe vera 6** juice

DIRECTIONS

In a sterile, microwavable container, melt the coconut oil and then stir in the sugar, lemon juice, and aloe vera, mixing well.

To use, take about a tablespoon (15 ml), or more if desired, per foot, and using either your hand or a foot brush, rub the heels and undersides of your feet. Rinse with water and pat dry.

Yield: 1/4 cup (60 g)



Herbs for Wings

CAMELLIA

Shows you the riches life can hold

CAMELLIA WILL

- ★ Provide protection
- ★ Invite wealth
- ★ Deepen your connection to spirit

Planting a camellia bush in the left corner of your property will attract wealth, material or spiritual. To connect with the energy of gratitude, place camellia on your altar before you meditate. Make a list of things for which you are grateful. Read it every day and open your heart to the riches the universe has waiting for you.



PUMICE FOOT SCRUBS

This foot scrub recipe is also great for exfoliating and moisturizing dry, cracked feet, but it uses pumice stone instead of brown sugar.

INGREDIENTS

2 tablespoons (15 g) ground pumice powder

1/4 cup (60 ml) **sesame 13** oil 10 drops **eucalyptus 52** essential oil

DIRECTIONS

In a sterile container, combine all the ingredients and mix well.

To use, take about a tablespoon (15 ml), or more if desired, per foot, and using either your hand or foot brush, rub the heels and undersides of your feet. Rinse with water and pat dry.

Yield: 1/4 cup (60 g)

MASSAGE POULTICE

A favorite relaxing massage treatment is a massage poultice, which relieves stress and relaxes sore muscles. This can be made with any combination of herbs; feel free to experiment with different oils, which help hydrate and soothe the skin. For really sore or bruised muscles, add a few drops of **arnica 67** essential oil. Both your skin and your muscles will feel like they spent the day at the spa.

INGREDIENTS

1/2 cup (120 ml) **almond 17** oil
2 tablespoons (30 ml) coconut oil
3 tablespoons (6 g) dried **lavender 22**
3 tablespoons (6 g) dried **jasmine 54**
1 tablespoon (6 g) **juniper 40** berries 3 tablespoons (10 g) dried rosemary

DIRECTIONS

In a double boiler, heat the almond oil and coconut oil until both are warm. Do not let them get too hot.

Mix the dried herbs together and divide in half; put each half in the center of a piece of muslin or cheesecloth. Gather the sides of the cloth and tie together with kitchen twine.

Place both bags in the oil and let them sit until they are fully saturated.

Test to make sure the oil isn't too hot before using it for massage. To use, massage the poultices in gentle circular motions on the affected area. When the poultices cool off, place them back in the oil until they are warm again, remembering to always check the temperature before beginning the massage.

Yield: 2 poultices





ANISE

Sweetens your experience of life

ANISE WILL

- ★ Protect you
- ★ Restore your youthful appearance
- ★ Purify your mind, body, and spirit
- ★ Help you see into the future

To dispel negativity and increase your sense of well-being and self-esteem, sprinkle a few fresh anise leaves around the inside of your home. Burn anise as incense when you want guidance from the gods. Carrying a sprig of anise will help you find happiness.

ARNICA

Brightens up your life

ARNICA WILL

- ★ Help you sleep
- ★ Increase your confidence
- ★ Help you feel safe

Sprinkle dried arnica flowers in a corner of your home to bless and purify the space. Use the dried leaves as incense when you meditate to deepen your spiritual connection. If you're hoping to expand your psychic abilities, rub arnica salve on your temples.

COUPLES' MASSAGE OIL

Here's a great way to show someone he or she is appreciated. A mix of cinnamon essential oil and vanilla extract are both comforting and intoxicating. Cinnamon has a warming effect and has long been used in love potions. Vanilla exudes a sense of calm and comfort.

INGREDIENTS

1 cup (235 ml) grapeseed oil

1/4 cup (60 ml) wheat germ oil 10 drops **cinnamon 68** essential oil 5 drops **vanilla 62** extract

DIRECTIONS

In a sterile container, combine all the ingredients and mix well. This mixture will keep for 3 to 6 months when stored correctly.

To use, massage the oil in gentle circles on skin as needed.

Yield: 1¹/₄ cups (295 ml)



CINNAMON

Makes your life easier than you could possibly imagine

CINNAMON WILL

- ★ Deepen your spiritual connection
- ★ Invite success
- ★ Give you the power to change anything

Cinnamon bark incense raises the spiritual vibrations of the home and helps you develop your psychic and spiritual abilities. Cinnamon oil is a wonderful love charm. Wear a little when you go out on a date. Adding a few drops of it to your bath will empower you and invite success into your life.



SORE MUSCLE MASSAGE OIL

Relieve aching muscles and joints with this blend of powerful oils.

INGREDIENTS

1 cup (235 ml) grapeseed oil

1/4 cup (60 ml) wheat germ oil 1 tablespoon (15 ml) **arnica 67** oil 15 drops camphor essential oil

15 drops **cypress 10** essential oil

DIRECTIONS

In a sterile container, combine all the ingredients and mix well. This mixture will keep for 3 to 6 months when stored correctly. To make this massage oil extra effective, you can heat the grapeseed oil in a double boiler over low heat for 15 to 20 minutes with 1/4 cup (24 g) of juniper berries. Strain the juniper berries and add the remainder of the ingredients for a warm, relaxing muscle massage.

To use, massage the oil in gentle circles on skin as needed. If you are using heated oil, be sure to test the temperature before applying to the skin.

Yield: 1 1/4 cups (295 ml)

BODY POWDER

A refreshing blend of powders absorbs moisture while leaving behind a light lavender scent.

INGREDIENTS

1 cup (120 g) kaolin clay

1 cup (120 g) arrowroot powder

1/2 cup (60 g) rice flour 1/4 cup (30 g) lavender **22** powder 10 drops essential oil of your choice (such as angelica **46**, bergamot **73**, bay leaf **24**, cedarwood **29**, dill **70**, frankincense **27**, myrrh **34**, or sandalwood **30**)

DIRECTIONS

Combine the clay, arrowroot powder, flour, and lavender powder in a bowl. While stirring, slowly add the essential oil, drop by drop, making sure it is evenly distributed throughout.

To use, apply to the body as needed.

Yield: 2³/₄ cups (330 g)





DILL

Sweeps limitations right out of your life and invites miracles instead

DILL WILL

- ★ Attract abundance
- ★ Protect your home
- ★ Prevent envy
- ★ Make you sexually alluring

Place dill flowers on your altar to attract love. To attract abundance, put some seeds in your wallet. Planting some in your garden will ensure that you always have all the resources you need. Put some seeds in your shoes when you go for a job interview to ensure success.



HAIR CARE

CLARIFYING SHAMPOO

This recipe is great for oily hair, dry scalp, or to remove buildup and restore shine.

INGREDIENTS

1½ teaspoons dried **lavender** 22
1½ teaspoons dried rosemary 1½ teaspoons dried **basil** 35
½ cup (120 ml) distilled water 1 cup (235 ml) liquid castile soap
¼ cup (60 ml) **apple** 20 cider vinegar 2 tablespoon (30 ml) jojoba oil
5 drops **lemon** 59 essential oil 5 drops **thyme** 50 essential oil 2 drops **cypress** 10 essential oil

DIRECTIONS

Make an infusion using the herbs and water (see [here](#)). Combine the rest of the ingredients in a separate container, add ½ cup (120 ml) of the herbal infusion, and mix well. Pour into a sterile bottle.

To use, shampoo as usual. Rinse and follow with conditioner.

Yield: 2 cups (470 ml)

SHAMPOO RINSE

This easy at-home shampoo uses any unscented liquid castile soap you prefer. This recipe is easily customized to your particular hair type or need.

INGREDIENTS

1/4 cup (60 ml) herbal infusion for your hair type (see right)

1/2 cup (120 ml) liquid castile soap 2 tablespoons (30 ml) **aloe vera** 6 juice 5 drops grapefruit seed extract

10 drops essential oil for your hair type

For Oily Hair

lemon balm 41 essential oil, lemongrass essential oil, rosemary essential oil, and tea tree essential oil

For Dandruff

basil 35 essential oil, **cedarwood** 29 essential oil, **juniper** 40 essential oil, **patchouli** 60 essential oil, tea tree essential oil, and **thyme** 50 essential oil

For Thinning Hair

cedarwood 29 essential oil, **geranium** 8 essential oil, grapefruit essential oil, **juniper** 40 essential oil, neroli essential oil, rosemary essential oil, and **thyme** 50 essential oil

DIRECTIONS

Once you have made your infusion (see right), add the rest of the ingredients, mix well, and pour into a sterile bottle.

To use, apply to hair and shampoo as usual. Rinse and follow with conditioner.

Yield: 3/4 cup (180 ml)

HERBAL INFUSION

To make an herbal infusion, begin by measuring out your herbs; a general measurement guideline is 1 quart (1 L) of water per 1 to 2 ounces (28 to 56 g) of fresh herbs, but this can vary depending on the herb (for a single serving, use 1 cup [235 ml] of water per 1/2 tablespoon of herbs). Pour simmering water over the herbs and let them steep for 15 to 25 minutes. You should cover them while steeping to make sure you don't lose any of the plants' goodness.

Some herbs are stronger than others, so steeping time can cause variations in strength. As you experiment more, keep a log of your recipes and let your taste preferences be your guide.

Place a strainer and cheesecloth over your cup or sealable container, strain, and enjoy.

GINGER

Brings you great success

GINGER WILL

- ★ Make your magic more effective
- ★ Protect you and your home
- ★ Attract love

Placing ginger on your altar will enhance any of your endeavors and bring great success to all your activities. Chewing ginger before you work with any other herbs will increase their power and effectiveness. To attract passion and love, wear some dried ginger in an amulet. To cleanse an area and dispel any negativity, burn dried ginger as incense.

BERGAMOT

Fills your life with abundance

BERGAMOT WILL

- ★ Attract abundance
- ★ Deepen your meditations
- ★ Open you up to clairvoyant visions

Feeling lonely? Rubbing the dried leaves or oil in your palms will attract friendship and love. Putting dried leaves in your wallet or rubbing your money with the oil will ensure you always have enough money. To attract success and surround yourself with protection, justice, and compassion, sprinkle a few pinches of the dried leaves around your home and workplace.

QUICK REFRESHING HAIR RINSE

This is a refreshing rinse for both the scalp and the hair. It's easy to make, and you can use either a mint tea or fresh mint leaves for the infusion. This rinse is great for removing smoke and other environmental odors from the hair.

INGREDIENTS

1 cup (235 ml) **peppermint** **78** herbal infusion (see [here](#))
2 tablespoons (30 ml) **apple** **20** cider vinegar

DIRECTIONS

Combine the herbal infusion and add the apple cider vinegar to the infusion. Pour into a sterile bottle.

To use, after your regular shampoo, apply the rinse and leave on for at least a minute, then rinse. Follow with conditioner.

Yield: 1 cup (235 ml)

CHAMOMILE

Brings calmness, ease, and abundance to your life

CHAMOMILE WILL

- ★ Relieve stress and increase confidence
- ★ Invite abundance
- ★ Attract love

Washing your hands in chamomile tea attracts abundance. You can add some chamomile tea to your bathwater to purify your body, relax, and attract love. A handful of dried chamomile sprinkled lightly around the outside of your home will create a circle of protection and remove curses.

DRY SHAMPOO

This is a great alternative to the traditionally wet shampoo. It's perfect for those on the go or as a refresher in between shampoos.

INGREDIENTS

1/2 cup (120 g) rice flour

1/4 cup (56 g) baking soda 1/4 cup (30 g) powdered orange 76 peel 5 drops patchouli 60 essential oil

DIRECTIONS

Combine the flour, baking soda, and powdered orange peel in a bowl, mix well, and continue stirring as you slowly add the essential oil until fully blended. Pour into a sterile bottle.

To use, sprinkle a little of the powder into your hair. Then work it into the scalp until it is absorbed.

Yield: 1 cup (200 g)



GOLDENSEAL

Brings out the best in you

GOLDENSEAL WILL

- ★ Attract money
- ★ Heal your mind, body, and spirit
- ★ Release negativity

Goldenseal will strengthen the effect of other herbs. You can also put a piece of the root on your altar to help you deepen your connection with your spirit. Sprinkle some dried goldenseal in your mop water to purify your home and release any negativity. When burned as incense, it will deepen your meditations.

LEAVE-IN HAIR OIL AND FRIZZ TAMER

A great treatment for overly dry, processed hair, this oil blend hydrates and smooths the hair, giving it shine and fighting flyaways. It leaves the hair smelling great, too.

INGREDIENTS

3 tablespoons (30 ml) avocado oil

3 tablespoons (30 ml) jojoba oil

1/2 teaspoon coconut oil 3 drops **geranium 8** essential oil 3 drops **lavender 22** essential oil 3 drops rosemary essential oil

DIRECTIONS

In a double boiler over low heat, melt the avocado, jojoba, and coconut oils together until blended. Remove from the heat and allow to cool before adding the essential oils. Stored in a sterile container away from heat and direct sunlight, this oil will keep for 3 to 4 months.

To use, apply a small amount to your fingertips and gently massage into the scalp. Take another few drops and massage into the rest of your hair down to the ends. Only a few drops are needed for most hair types, more for overly dry or coarse hair. Can be applied to wet or dry hair.

Yield: 3 ounces (60 ml)



ORANGE

Shows you how to find true happiness

ORANGE WILL

- ★ Attract love
- ★ Dispel negativity
- ★ Encourage prosperity

Scatter some orange blossoms around your house to chase away negativity and improve your state of mind. Or float some blossoms in your bathwater; it's emotionally uplifting and will deepen your connection to your spirit. To invite happiness and joy and dispel any negative energy, place orange peels in all of your drawers and hang them in your closets.



CONDITIONING TREATMENT OIL

This extremely moisturizing oil leaves the hair soft, shiny, and manageable. You can also customize this recipe by adding essential oils for any scalp ailment, oily or thinning hair, or dandruff by following the relevant directions at right.

INGREDIENTS

1/4 cup (60 ml) avocado oil

1/4 cup (60 ml) olive oil 1/4 cup (60 ml) broccoli seed oil 1/4 cup (60 ml) watermelon seed oil 5 drops rosemary essential oil

5 drops **chamomile 74** essential oil 5 drops **lavender 22** essential oil

For Oily Hair

5 drops each of **lemon balm 41** essential oil, lemongrass essential oil, rosemary essential oil, and tea tree essential oil

For Dandruff

5 drops each of **basil 35** essential oil, **cedarwood 29** essential oil, **juniper 40** essential oil, **patchouli 60** essential oil, tea tree essential oil, and **thyme 50** essential oil

For Thinning Hair

5 drops each of **cedarwood 29** essential oil, **geranium 8** essential oil, grapefruit essential oil, **juniper 40** essential oil, neroli essential oil, rosemary essential oil, and **thyme 50** essential oil

DIRECTIONS

Combine all the ingredients, mix well, and store in a sterile container. This recipe can be doubled and stored away from heat and direct sunlight for up to 3 months.

To use, while the hair is still damp, apply a small amount to your fingertips and gently massage into the scalp. Take another few drops and massage into the rest of your hair down to the ends. For best results, pin up your hair and leave the oil in for at least 20 minutes. Gentle heat can also be applied to enhance the results.

This can also be applied to the scalp as a massage treatment oil; simply apply a few drops to the fingertips and massage into the scalp to increase circulation and stimulate hair growth. They can even be left in overnight for added effectiveness.

Yield: 1 cup (235 ml)

PEPPERMINT

Refreshes your hopes, dreams, and desires

PEPPERMINT WILL

- ★ Purify your thoughts
- ★ Cure insomnia
- ★ Enhance your psychic abilities
- ★ Attract love

To cleanse your house of any negative energies and raise the spiritual vibration, add a small handful of fresh peppermint leaves to your cleaning solutions. If you've been tossing and turning at night, place some dried peppermint leaves under your pillow; they will ensure you of a quiet night's rest.

YARROW

Helps you create the future of your dreams

YARROW WILL

- ★ Give you the courage to change
- ★ Attract love
- ★ Increase psychic power
- ★ Release negative energy

Placed under your pillow, dried yarrow will protect you as you sleep and invite prophetic dreams. To deepen your spiritual connection and expand your psychic awareness, add yarrow tea to your bathwater. Finally, to fill your home with love, happiness, and ease, burn some dried yarrow as incense.

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Mike Wanke and Dayna Safferstein Illustration These recipes are not intended to replace a health care professional's advice and have not been approved by the FDA to treat or heal. Always check with your physician before changing any course of treatment.

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