

# Summer Solstice

**Date:** usually between 20 and 22 June.

This day is the celebration of the longest day of the year. From this point onwards in the year, the days get shorter as we approach winter time. Also known as Litha and Midsummer's Eve.

## Aromas and Ideas for Altar Decoration

Oak leaves are the perfect decoration for your altar, home or sacred space at this time of the year. Candles, flowers, herbs and grasses in sun colours are also ideal, such as the obvious but glorious sunflower.

In terms of aromas to use in oil diffusing, candles, teas or bath concoctions, orange and rose are fantastic options.

## Crystals

Sun colour crystals, such as amber (which is actually fossilised tree sap). It is incredibly healing and cleansing. It can increase stability and drive.

## Things To Do

Find a recipe using elderflower, such as elderflower syrup, cordial or champagne.

Find a recipe for honey cake.

Make gifts of herb bunches for loved ones.

Make a bonfire and stay up all night to watch the sunrise.

Do some journaling outside, reflecting on what fires drive you.

Do a reading.

