

Peppermint (Mentha piperita)

"In the crisp scent of peppermint, clarity awakens, healing flows, and protection stands firm."
Known for its invigorating aroma and potent magical properties, peppermint has been a staple in witchcraft for purification, mental clarity, and protection.

Correspondences:

- Common Names: Peppermint, Mint, Mentha piperita
- Element: Air
- Planet: Mercury
- Deities: Hecate, Demeter
- Zodiac: Gemini, Virgo
- Chakra: Third Eye
- Crystals: Clear Quartz, Citrine, Amethyst
- Colors: Green, White

Purification Ritual: Burn peppermint leaves to cleanse your space.

Healing Tea: Brew dried peppermint leaves to aid in digestion and relieve headaches.

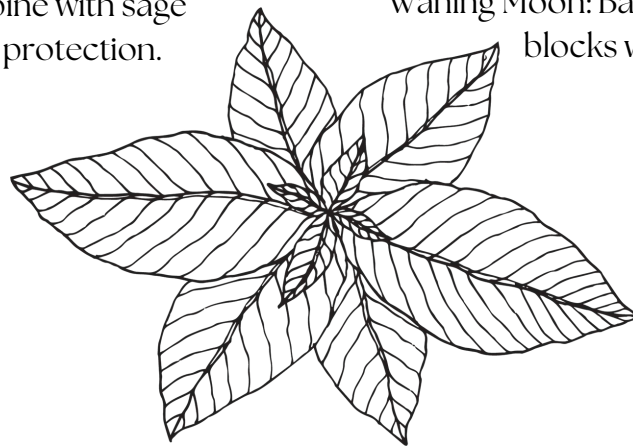
Clarity Candle: Dress a candle with peppermint oil to enhance mental focus.

Protection Amulet: Combine with sage in a pouch for personal protection.

Herbal Recipes:

Peppermint Protection Sachet

Combine dried peppermint with rosemary and salt, then place it in a small cloth pouch. Carry it with you or hang it near your door to ward off negative energy and protect your home.



Clarity Spell Tea

Brew a tea with dried peppermint, lemon balm, and a pinch of cinnamon. Drink before meditation or any spellwork requiring focus and mental clarity.

Magical Uses:

- Purification: Use in rituals to cleanse spaces of negative energy.
- Protection: Carry in sachets or charms for protection during travel or daily life.
- Healing: Add to healing spells, teas, or salves for physical and emotional well-being.
- Mental Clarity: Burn as incense or use in spells to enhance focus, concentration, and creativity.
- Abundance: Place in your wallet or purse to attract wealth and opportunities.

Aligning with Moon Phases:

New Moon: Set intentions for abundance or mental clarity.

Full Moon: Use for healing and protection rituals.

Waning Moon: Banish negativity and mental blocks with peppermint.

Peppermint Healing Oil
Infuse fresh peppermint leaves in olive oil for 2-3 weeks. Strain and use the oil to anoint your forehead or temples for relief from headaches and stress, while focusing on healing energy.