



White Sage-

is the mother of all smudge bundles. It is renowned for its healing, benevolent energy. The scent calms the mind and purifies the body. Sage smoke is believed to have the power to carry prayers to the heavens, to remove spirits, and cleanse ritual space making it the ultimate demon detergent! The most-used types of sage have proven antimicrobial properties. Burning them to purify the air is a centuries-old tradition which we now realise can actually help keep infectious bacteria, viruses, and fungi at bay. White Prairie Sage (*Artemisia ludoviciana*) is both antimicrobial and antibacterial while White Sage (*Salvia apiana*) is also antimicrobial.



Palo Santo-

is a sacred wood that has healing properties and is native to the coast of South America. In Spanish, Palo Santo means “holy wood” or wood of the saints. It is a strong medicine that has been popularized for its heavenly presence in keeping energies grounded and clear. The aroma is just incredible, very fresh with hints of mint and citrus, proving to be one of the most fragrant woods. It confers extraordinary blessings to those who use it.

Step-by-Step Guide: How to Perform your Smudging or Smoke Cleanse

Your Smudging tools checklist

1. Smudge bundle of your choice
2. Heatproof dish
3. Smudge fan. This can be a feather, bundle of leaves or branches or you can use your hand as a fan to guide the smoke
4. Source of fire. You will need to light your plant bundle/ wood so you will need a small gas lighter, matches or a magick fire spell

1. Layout all the things you need to perform your smoke cleanse. Your chosen plant bundle/ wood to burn, heatproof bowl, fire source, smoke fan (can be a feather or just be your hand).
2. If you are indoors open a window so that the energy (and any excess smoke) can flow away.
3. Light the plant-based bundle or the wood and allow it to catch a flame. Once it is burning very gently blow out the flame. It will then begin to smoulder and give off smoke. You may need to relight and repeat this step during your Smoke Cleanse.
4. Walk around your space, waft the smoke with your hand (or Smudge Fan) making sure to get into all the nooks and crannies. Take your time to do this and make sure your actions are filled with intentions. Think about the energy you want for the space and imbue that into all of your actions. Once you feel you have altered the energy in the way you wished, place the smouldering bundle into your heatproof bowl and allow it to cool. You will find that most will stop smouldering quite quickly.

KEEP OUT OF REACH OF CHILDREN AND PETS. NEVER LEAVE BURNING SAGE OR PALO SANTO UNATTENDED. BURN SAGE OR PALO SANTO AT YOUR OWN RISK.
EXTERNAL USE ONLY.