



Smudge Spray

**Spray bottle (the size depends on how much you will use. typically 4oz-6oz and dark colored bottles are best to protect your oils from the light)*

**moon charged distilled water (charge distilled water in a clean container under the full moon)*

**crystal chips (charge these under the full moon as well for a powerful boost!)*

** a pinch of Himalayan Salt*

** witch hazel or vodka (preservative if you are making a large bottle)*

15 drops White Sage Essential oil

10 drops of Frankincense Essential oil

5 drops of Rosemary Essential oil

5 drops of Lemon Essential Oil

**prayer , mantra , or energy healing*

Gather all your ingredients, ground your energy by taking a few deep breaths calling yourself into present time. Call in your spirit guides, the spirit of the plants and crystals. Place moon water in spray bottle, then oils, crystals, and finally your prayer, sweet incantations or spell, your intention for the spray...

Have fun making your spray!

I encourage you to explore different essential oils and flower essence. Clearing space with these tools can be so much fun and personal, make it your own! add your unique magical touches!

please share your work in our group!

Additional tips!

Please invest in high quality essential oils as some are just fragrance and you won't receive the benefits of the plant/flower/ fruit.

My essential oil preference is doTerra! if you would like more info, LMK!

When blending add single drops to a q tip, layer the oils, this way you have an idea of the fragrance and you don't waste your oils.

Explore different oils and blends . I like to work with 3 at a time! try adding fresh flowers or flower essence, rose water is beautiful!

decorate your bottle! Symbols, colors, and words are super powerful! try creating a sigel or a symbol that represents protection and peace to you, write words on your bottle(protection,peace,love, harmony,angels...)