

White Sage

Salvia Alpiana

ELEMENT: Air 

PLANET: Jupiter

ENERGY: Masculine

PROPERTIES: Longevity,
protection,
purification,
wisdom, wishes



White Sage

Salvia Apiana



PROPERTIES: Cleansing, purifying and relaxing; gets rid of negative energy from an area, environment or being

HOW TO USE: Light the leafy end of the smudge stick with a match, to release the smoke. Use an abalone shell to catch the ashes. Use before meditation or to cleanse your working station.

AFFIRMATION: *Energy that no longer serves me is released with this smoke. I cleanse this space and my aura, inviting positive feelings, love and clarity.*

Yerba Santa

Piper Auritum

ELEMENT: Earth 

PLANET: Venus

ENERGY: Feminine

PROPERTIES: Protection,
boundaries,
healing, growth,
empowerment



Yerba Santa

Piper Auritum



PROPERTIES: Emotional connection, to call love into life as it's closely related to the heart chakra; helps with healing and grief

HOW TO USE: Light the leafy end of the smudge stick with a match, to release the smoke. Use an abalone shell to catch the ashes. Use before meditation or to cleanse your working station.

AFFIRMATION: *I welcome in love, compassion and sensual energy into my aura and space. My heart chakra is open. I heal as the smoke is released.*

Palo Santo

Bursera Graveolens

ELEMENT: Earth 

PLANET: Mars

ENERGY: Masculine

PROPERTIES: Purifying, grounding
and calming



Palo Santo

Bursera Graveolens



PROPERTIES: Used to relieve common cold, flu symptoms, stress, asthma, headaches, anxiety, depression, inflammation and emotional pain

HOW TO USE: Light a match. Hold the stick at a 45 degree angle. Keep it lit for 10 – 30 seconds. Place on a fireproof dish or abalone shell to enjoy the smoke.

AFFIRMATION: *Let this smoke or palo santo, the holy wood, cleanse the space and my aura with the smoke.*

Cedar

Cedrus

ELEMENT: Fire 

PLANET: Sun

ENERGY: Masculine

PROPERTIES: Healing, spirituality,
purification,
protection,
prosperity



Cedar

Cedrus



PROPERTIES:

Protection purification, healing and contacting the spirit world; soothes while bringing feelings of confidence

HOW TO USE:

Light a match. Hold the stick and keep it lit for 10 - 30 seconds. Place on a fireproof dish or abalone shell to enjoy the smoke. Cleanse your new home

AFFIRMATION:

The smoke from the cedar cleanses the house, making the energy pure and full of magick.

Sandalwood

Santalum album

ELEMENT: Water 

PLANET: Moon

ENERGY: Feminine

PROPERTIES: Protection, wishes,
healing, spirituality



Sandalwood

Santalum album



PROPERTIES: Protection purification, healing and contacting the spirit world; soothes while bringing feelings of confidence

HOW TO USE: Enjoy the rich scent, keep it in a jar. Heat it gently to release the aroma. You can set an intention for your business and say it aloud while burning the wood.

AFFIRMATION: *I welcome in the energy of my ancestors and guidance from the spiritual world on my business ventures.*

Mugwort

Artemisia vulgaris

ELEMENT: Earth 

PLANET: Venus

ENERGY: Feminine

PROPERTIES: Prophetic dreams,
protection, psychic
powers, strength



Mugwort

Artemisia vulgaris



PROPERTIES: A visionary herb, amplifies psychic visions, stimulates visual and prophecy dreams

HOW TO USE: Light a match. Hold the stick and keep it lit for 10 – 30 seconds. Place on a fireproof dish or abalone shell to enjoy the smoke. Burn before bedtime for vivid dreams

AFFIRMATION: *The dreams reveal to me my true purpose and cleanse my energy while I sleep. I wake up refreshed and certain of my vision.*

Juniper

Juniperus

ELEMENT: Fire 

PLANET: Jupiter

ENERGY: Masculine

PROPERTIES: Love, clarity,
wisdom, prosperity,
protection



Juniper

Juniperus



PROPERTIES: Ritual purification; awakens mind, body and soul during burnouts

HOW TO USE: Light a match. Hold the stick and keep it lit for 10 - 30 seconds. Place on a fireproof dish or abalone shell to enjoy the smoke. Cleanse your body by walking through the smoke.

AFFIRMATION: *I am cleansed and purified off of the old energy. My mind, body and soul are connected and nourished.*

Lavender

Lavandula

ELEMENT: Air 

PLANET: Mercury

ENERGY: Masculine

PROPERTIES: Happiness,
longevity, love,
peace, protection,
purification, sleep



Lavender

Lavandula



PROPERTIES: Helps with sleep, calming effect, cleansing, protection, tranquility, peace and connection with the feminine energy

HOW TO USE: Add to your sage smudge stick, or as an addition to yerba santa and burn lighting the leafy end of the smudge stick, cleaning your home and aura. Cleanse your bedroom before meditation or sleep

AFFIRMATION: *I welcome in the peaceful energy from this lavender smoke. It cleanses my aura and space, filling it with tranquility.*

Rosemary

Salvia rosmarinus

ELEMENT: Fire 

PLANET: Sun

ENERGY: Masculine

PROPERTIES: Healing, love, lust,
mental powers,
protection,
purification, sleep,
youth



Rosemary

Salvia rosmarinus



PROPERTIES: A powerful cleanser for the home and one's aura; related to fire, sun and masculine energy

HOW TO USE: Add to your sage smudge stick, or as an addition to yerba santa and burn lighting the leafy end of the smudge stick, cleaning your home and aura.

AFFIRMATION: *The rosemary smoke cleanses my negative energy and all that is no longer serving me.*

Abalone Shell

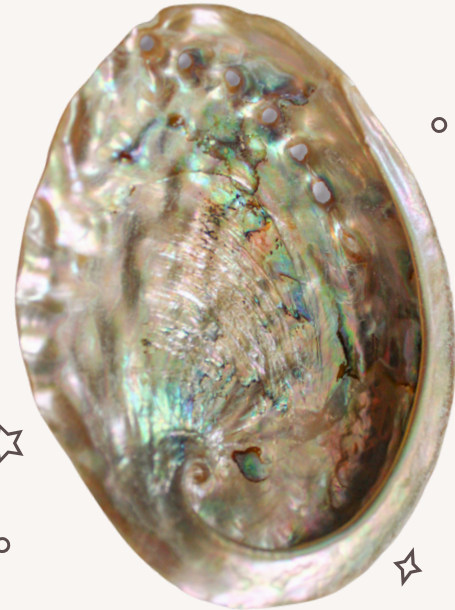
Haliotidae

ELEMENT: Water ▾

PLANET: Venus

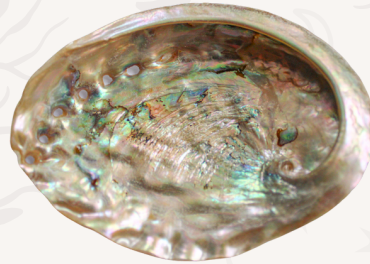
ENERGY: Feminine

PROPERTIES: Soothes nerves and heart, brings love and compassion, letting go of emotions



Abalone Shell

Haliotidae



PROPERTIES: Feelings of love, compassion and peace; soothes the nerves; opens the psychic and intuitive connections

HOW TO USE: Use it to catch ashes from your smudge wands. Place it under your smudge wand/stick as it releases smoke and ashes.