



Herbs, Flowers, Spices, Roots & Powders Catalog

Herb	Wellness & Therapeutic Attributed	Metaphysical Attributes
Activated Charcoal Powder	<p>Activated charcoal works by trapping toxins and chemicals in the gut, preventing their absorption. As such, it may help improve kidney function and reduce gastrointestinal damage and inflammation in those with chronic kidney disease.</p> <p>Activated charcoal may help draw microparticles, such as dirt, dust, chemicals, toxins, and bacteria, to the surface of the skin, to make removing them easier. It may absorb smells, excess moisture, and harmful gases, making it ideal as an underarm, shoe, and refrigerator deodorant. It is also used as a natural water filter.</p>	<p>Activated Charcoal is known for its cleansing and protective abilities and is used to render a harmful situation neutral. It is also a commonly used incense ingredient to aid in burning.</p>
Agrimony	<p>Agrimony is thought to have antiviral, antioxidative, anti-inflammatory, and metabolism-boosting properties. It is used for sore throat, upset stomach, mild diarrhea, irritable bowel syndrome, diabetes, gallbladder disorders, fluid retention, cancer, tuberculosis, bleeding, corns, and warts; as well as a gargle, heart tonic, sedative, and antihistamine. It may be applied directly to the skin as a mild drying agent and for mild skin redness and swelling.</p>	<p>Agrimony is often used in spells, rituals to protect from and expel negative energies and influences. Agrimony is also connected to Masculine Energy, Jupiter and Air.</p>
Alfalfa Cut	<p>Alfalfa is a source of vitamins A, C, E, and K4; and minerals calcium, potassium, phosphorous, and iron. It is used for kidney conditions, bladder and prostate conditions, and to increase urine flow. It is also used for high cholesterol, asthma, osteoarthritis, rheumatoid arthritis, diabetes, upset stomach, and thrombocytopenic purpura (a bleeding disorder).</p>	<p>Alfalfa is traditionally used as an herb of prosperity and money gathering and as proof against hunger due to a lack of money. It is also connected to Feminine Energy, Venus and Earth.</p>

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Allspice whole	<p>Allspice is used for indigestion, intestinal gas, abdominal pain, heavy menstrual periods, vomiting, diarrhea, fever, colds, high blood pressure, diabetes, and obesity. It is also used for emptying the bowels. It can also be applied directly to the affected area for muscle pain and toothache or put it on the skin to kill germs.</p>	<p>Allspice is associated with the element of fire and the planet Mars. It is masculine in nature, very manly. Use to honor very virile and powerful male archetypes.</p> <p>Allspice is very uplifting and increases energy and determination making it useful in many different types of spells, especially healing spells. The dried berries, oil, or allspice incense can be burned to aid in spells for attracting money and/or luck. The berries can also be added to sachets for attracting the same. Allspice is useful in all healing mixtures.</p>
Angelica Root	<p>Angelica contains chemicals that may help eradicate fungus, reduce anxiety, settle the stomach, and aid in the treatment of cancer. It is used for heartburn, intestinal gas, loss of appetite, overnight urination, arthritis, stroke, dementia, circulation problems, runny nose, nervousness and anxiety, fever, plague, and trouble sleeping. It is also used to increase urine production, improve sex drive, stimulate the production and secretion of phlegm, and kill germs. Some apply angelica directly to the skin for nerve pain, joint pain, and skin disorders.</p>	<p>Angelica has long been known as a healing herb with the ability to cast illness from the body and protect it from harm. It is also associated with Masculine Energy, the Sun and Fire.</p>
Anise Star	<p>Star anise has been used for treating a variety of fungal, bacterial, and viral infections. It is used for respiratory tract infections, lung inflammation, cough, bronchitis, influenza, swine flu, and bird flu. It is also used for digestive tract problems including upset stomach, gas, and loss of appetite. Some women use star anise for increasing the flow of breast milk, promoting menstruation, and easing childbirth. May increase sexual drive and help symptoms of "male menopause."</p>	<p>Anise Star is a well-known ingredient in protective and meditative incenses and is sometimes used as a charm for these purposes. It is also connected to Masculine Energy, Jupiter, and Air.</p>

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Arabic Gum powder	<p>Acacia/gum Arabic is a source of dietary fiber and may help with weight loss and reduce cholesterol levels. It is also taken for diabetes, irritable bowel syndrome, coughs, and sore throats. It is used to remove toxins from the body and as a prebiotic to promote "good" bacteria in the intestine. Acacia/gum Arabic is applied to the skin inside the mouth for plaque and gingivitis. It is also applied to the skin to decrease skin inflammation and restrict blood loss.</p>	<p>Arabic Gum is used in incense or smoldered alone to add good vibrations and banish negativity and evil from the area. Also associated with Masculine Energy, the Sun and Air. Also associated with Masculine Energy, the Sun and Air.</p>
Arnica whole	<p>The active chemicals in arnica may reduce swelling, decrease pain, and act as antibiotics. It is most commonly used for pain caused by osteoarthritis, sore throat, surgery, and other conditions.</p>	<p>Especially potent on the summer solstice; bunches are gathered in fields and burnt as offerings to ensure a good harvest. It is also associated with Feminine Energy, Saturn and Earth.</p>
Ashwagandha Powder	<p>Ashwagandha may reduce the blood sugar levels, reduce stress/anxiety, and increase fertility in men. It may help arthritis, asthma, hypertension, and rheumatism. May boost the supply of antioxidants and regulates the immune system. It also may have antibacterial and anticonvulsant properties. Women who are pregnant or breastfeeding and children should avoid ashwagandha. People with autoimmune diseases, such as lupus, rheumatoid arthritis, type 1 diabetes, and Hashimoto's disease, should not use ashwagandha without consulting a medical professional.</p>	<p>Fertility and Passion</p>

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Astragalus Root Slices	<p>Astragalus has been used in traditional Chinese medicine for centuries. Its main use has been to boost the body's immune system; is a natural supplement that's used for various health conditions such as treating the common cold, upper respiratory infections, fibromyalgia, and diabetes.</p>	<p>Used to guard your living space and increase the flow of vital energy within your body. An uplifting, protective, and balancing energy flows within the Astragalus Root herb. Spells for concentration, mental clarity, and psychic shielding are incorporated with this herb to heighten its effects on an individual. Keeping a dried root of this herb in areas of your home brings energetic and physical health, abundance, and peace.</p>
Barberry Root Bark	<p>May help boost the immune system and fight bacterial infection. Used to treat heartburn, diarrhea, reduce fever, improve appetite and relieve upset stomach. It may help dilate blood vessels which can help to lower blood pressure, slow rapid heartbeat, slow breathing, and reduce bronchial constriction. It has also been used to ease inflammation and infection of the urinary, gastrointestinal and respiratory tracts (sore throats, nasal congestion, sinusitis, and bronchitis), as well as yeast infections.</p>	<p>Barberry is sometimes called Holy Thorn or Jaundice Berry. It has been used for fabric dye and in medicine. In magic it can be used to purge evil from the self or to banish or create a barrier from negativity.</p>
Basil (Holy)	<p>Basil is a traditional culinary herb rich in antioxidants, which are compounds that reduce damage caused by free radicals</p>	<p>Basil is good natural protection against negative energies, brings mental clarity, acts against anxiety and promotes mental and spiritual development. Basil has also been used to prove that someone is a good, honest person; sprinkle their body with basil dust while sleeping, and their reaction will mark if they are faithful.</p>

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Bay Leaves	Bay leaves have been used for diabetes, cancer, stomach problems, pain, and to improve cholesterol levels.	Write wishes on bay leaves. When you burn them, you release your wish to the universe, asking it if it can accommodate you. Useful in creating essential oils, spells of wisdom, clairvoyance, protection and healing.
Bayberry Tree	Bayberry has been used for head colds, painful and swollen intestines, diarrhea, and nausea. It is also used to stimulate the circulatory system. It is sometimes used as a gargle for sore throat, as a douche for vaginal discharge, and as an ointment for skin ulcers and wounds.	Bayberry can be used to increase sensitivity to energy, boost energy levels and aid in the flow of energy. It is most effective with women and is connected to Female Energy & Venus.
Bee Pollen Granules		
Beet Root Powder	Add to beet root powder blushers and lip balms, adjusting the amount necessary to achieve the desired tint.	
Bentonite Clay	Use to make facial masks and body powders and to thicken homemade lotions, creams and other cosmetics.	
Black Cohosh Root & Powder	Black cohosh is used to treat symptoms of menopause, premenstrual syndrome (PMS), painful menstruation, acne, and osteoporosis, it has also been tried for anxiety, rheumatism, fever, sore throat, and cough. It has also been applied to skin for acne.	With uses traced back to the Native American's teachings to early settlers, Black Cohosh root has been added to mojo or dream bags and other magical works.

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Black Salt	Black salt may contain less sodium and additives than regular table salt. It may also improve digestion.	Black Hawaiian Sea Salt - Gourmet Salt. Enjoy this USA culinary salt: Solar evaporated Sea Salt from the Hawaiian island of Molokai 'coated' with activated coconut - shell charcoal. Whether you are making magic, seasoning your favorite dish, or invoking Pele, or whatever you have in mind, you will find everything enhanced with this wonderful product.
Blessed Thistle	Blessed thistle is prepared as a tea and used for loss of appetite and indigestion, as well as to treat colds, cough, cancer, fever, bacterial infections, and diarrhea. It is also used to promote the flow of breast milk in new mothers. Soak gauze in blessed thistle and apply it to the skin for treating boils, wounds, and ulcers.	Blessed Thistle a potent aid in healing magic and is linked to Mars, and the sign of Aries, and the element of Fire.
Burdock Leaf/Root	Burdock is taken to increase urine flow, kill germs, reduce fever, and "purify" blood. Also, it is used to treat colds, cancer, anorexia, stomach and intestinal complaints, joint pain, gout, bladder infections, diabetes, complications of syphilis, and skin conditions including acne and psoriasis. Burdock is also taken for high blood pressure, hardening of the arteries, liver disease, and to increase sex drive. Some apply it directly to the skin for wrinkles, dry skin, acne, psoriasis, and eczema.	Often used for purification, Burdock is also a powerful aid in protecting against negative energies and black magic.
Calamus Root	Calamus is commonly used for different stomach problems, including ulcers, gastritis, diarrhea, intestinal gas, upset stomach, and many more. Some chew calamus to remove the smell of tobacco. It is also applied to the skin and ears for different conditions.	Calamus is often used as an incense component or ritual offering as well as in mojo bags and sachets. Calamus is wildly used in matters of Love, Lust, Peace and Binding as regards matters of the heart and relationships.

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Calendula Flower	<p>Calendula flower is used to prevent muscle spasms, start menstrual periods, and reduce fever. It is also used for treating sore throat and mouth, menstrual cramps, cancer, and stomach and duodenal ulcers. It has also been used for measles, smallpox, and jaundice. Calendula is applied to the skin to reduce pain and swelling, as well as to treat poorly healing wounds and leg ulcers. It is also applied to the skin (used topically) for nosebleeds, varicose veins, hemorrhoids, inflammation of the rectum, ear infection, gum disease, peeling lips, diaper rash, vaginal yeast infection, and inflammation of the lining of the eyelid.</p>	<p>Since antiquity Calendula has been known as an herb that could aid in comforting the heart and mending wounded spirits.</p>
Catnip	<p>Catnip can be used to make tea, which is used to treat conditions like insomnia, anxiety, headaches, and gastrointestinal upset. It can also act as a diuretic. Catnip tea has historically been used to treat issues like arthritis, coughs, hives, fevers, and viruses.</p>	<p>Famed for the effect it has on cats, Catnip can also be used in magic to help reach a state of euphoria for trances and general well being, as well as finding a psychic bond with animals.</p>
Cat's Claw Bark	<p>Cat's claw is used for improving symptoms osteoarthritis and rheumatoid arthritis. It is also with digestive inflammation stomach ulcers, hemorrhoids, and leaky bowel syndrome. Some use cat's claw for viral infections like shingles, cold sores.</p>	<p>Known in South and Central American lore as a powerful aid for various uses, Cat's Claw Bark can also be an aid in mojo or other magic.</p>

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Chamomile Flower	Chamomile contains antioxidants that may promote sleepiness and drinking chamomile tea has been shown to improve overall sleep quality. The anti-inflammatory effects of chamomile tea may promote blood sugar control and protect against diarrhea, stomach ulcers, nausea and gas. Chamomile tea also contains antioxidants which may help lower inflammation, reduce the risk of several types of cancer, and play a role in improving heart health. When used on the skin, chamomile might help with skin irritation and wound healing.	Particularly useful for those seeking good luck, Chamomile can be quite helpful when seeking love and prosperity. Its aromatic scent also helps soothe the mind and body, making it useful for meditation.
Chicory Root roasted granular	Chicory root is a good source of inulin, a type of prebiotic fiber that has been linked to increased weight loss and improved gut health and may decrease insulin resistance and lower blood sugar. It also contains some manganese and vitamin B6, two nutrients tied to brain health. It may also improve bowel function and reduce constipation.	Chicory helps remove obstacles from your path which may include outside forces or internal blockages to energy or thought flow. Also connected to Masculine Energy, the Sun and Air.
Cinnamon	Cassia cinnamon is used for diabetes. It is also used for prediabetes, gas, obesity, and many other conditions. The antioxidants in cinnamon have anti-inflammatory effects, which may help lower your risk of disease. It also has antifungal and antibacterial properties, which may reduce infections and help fight tooth decay and bad breath. It may improve some key risk factors for heart disease, including cholesterol, triglycerides and blood pressure. It may also help stop the growth of some types of solid tumor cells.	Known as a spice, Cinnamon is also quite potent in healing magic, and spells of protection and passion. It is associated with fire and the sun, and often used for meditation.

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Cloves	<p>Cloves are low in calories and provide some fiber, manganese, vitamin K and vitamin C. They are also high in antioxidants (which may reduce oxidative stress and may protect the liver) and have antimicrobial properties (which may promote oral health and kill harmful bacteria). The compounds in cloves may reduce cancer cell growth and promote cancer cell death, as well as help promote insulin production and lower blood sugar. Clove is applied directly to the gums for toothache, pain control during dental work, and other dental-related issues.</p>	<p>Cloves are potent in rituals used for banishing negative energies and spirits, and in magic seeking to aid or begin love and friendship.</p>
Coconut Milk Powder		
Comfrey Leaf & Root	<p>Comfrey is used by mouth for stomach ulcers, heavy menstrual periods, diarrhea, bloody urine, cough, bronchitis and chest pain. It is also used as a gargle for gum disease and sore throat. It may be applied to the skin (for short periods of time) for ulcers, closed wounds, muscle soreness, bruises, rheumatoid arthritis, varicose veins, gout, and fractures.</p>	<p>Worn or carried, Comfrey protects and ensures safety during travel. Comfrey also has associations with Feminine energy, Saturn and Water. Useful in spells of protection and blessings for travel and can be used as an offering in many Paths.</p>

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Coriander Seed		
Damiana Leaf	<p>Damiana is commonly used by mouth as an aphrodisiac and to treat sexual problems. It is also used to treat stomach complains such as dyspepsia, diarrhea, and constipation and to improve symptoms of menopause and premenstrual syndrome (PMS). Traditionally, it's been used for treating bladder and urinary issues.</p>	<p>Said to increase magical energy and aid in divination spells, Damiana leaf is also believed to be of use in dream magic and clairvoyance, as well as sex magic.</p>
Dandelion Leaf	<p>Dandelion is a rich source of many vitamins, minerals, fiber, and antioxidants and may also have antiviral and antimicrobial properties. It is used for conditions such as constipation, indigestion, swelling of the tonsils, and infections of the kidney, bladder, or urethra. It may also reduce blood sugar, reduce cholesterol levels, lower blood pressure, and may prevent aging and certain diseases.</p>	<p>Dandelion Leaf is a powerful aid in summoning spirits, and it is also quite useful in rituals of purification.</p>
Dead Sea Salt	<p>Dead Sea salt is said to be of the highest quality. Sea salt baths are known for their therapeutic and healing properties (such as relaxation, easing sore muscles, and providing relief for certain skin conditions), as well as their ability to ease stress and boost your overall health. Sea salt baths have also been found to be beneficial in treating rheumatic diseases, including rheumatoid arthritis, psoriatic arthritis, ankylosing spondylitis, and knee osteoarthritis.</p>	<p>Popular in mythologies and legends, Dead Sea Salt from the landlocked Dead Sea is renowned for its restorative properties.</p>

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Devil's Claw Root & Powder	Devil's claw is used for "hardening of the arteries", arthritis, gout, muscle pain, back pain, joint pain, fibromyalgia, tendonitis, chest pain, gastrointestinal upset or heart burn, fever, and migraine headache. It is also used for difficulties in childbirth, menstrual problems, allergic reactions, loss of appetite, and kidney and bladder disease. It is applied to the skin for injuries and other skin conditions.	Discovered from the tribes of South Africa, Devil's Claw Root gained popularity among European explorers. It can be used to reverse evil, claw your way out of bad experiences, and to chase away evil.
Echinacea		
Elecampne Root		
Elder Berry & Elder Flower	Elder berries are a low-calorie food packed with dietary fiber, antioxidants and vitamins that may boost your immune system, and some experts recommend elderberry to help prevent and ease cold and flu symptoms. They can also help tame inflammation, lessen stress, and help protect your heart (by reducing cholesterol, uric acid and blood sugar levels). They have also been used as a treatment for constipation, joint and muscle pain, infections that affect how you breathe, headaches, fever, kidney problems, epilepsy, minor skin conditions, and stress.	Elder Berries have long been believed to be able to aid in warding off evil influences, curses, and other harmful spells. Albanian origination.

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Eleutherococcus Powder	Eleuthero is thought to strengthen the body and increase general resistance to daily stress. also used to boost immune system, prevent colds, & increase appetite. It is also used to treat sleep problems and the symptoms of infections caused by herpes simplex type 2.	Similar to ginseng; useful in ritual, spell and meditation work in helping to overcome outside stress and grant inner strength and resilience. Associated with Masculine energy, sun & fire.
Eucalyptus cut	Eucalyptus contains chemicals that might help control blood sugar. has been used to aid nasal congestion, cough frequency, and cold-related headaches, improve asthma symptoms. It is also used for many other conditions including bronchitis, plaque and gingivitis.	Commonly utilized in spells involving protection or healing, Eucalyptus has been known around the world for its aromatic and mystical qualities.
Fenugreek Seed		
Fennel Seed	Fennel seeds provide important nutrients, such as vitamin C, calcium, magnesium, potassium, and manganese. In addition, they are rich in powerful antioxidants which may benefit health. Fennel seeds contain fiber, potassium, magnesium, and calcium Fennel seed is also an effective aid to digestion. It can help the smooth muscles of the gastrointestinal system relax and reduce gas, bloating, and stomach cramps.	Used to ward off evil spirits, Fennel can aid in preventing curses and empowering other protective magic.

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Feverfew cut	<p>May be used in teas for fever, irregular menstrual periods, arthritis, psoriasis, allergies, asthma, ringing in the ears, dizziness, nausea and vomiting as well anemia, common cold, earache, liver disease, muscular tension, swollen feet, diarrhea, upset stomach, and intestinal gas. Some take feverfew by mouth for the prevention and treatment of migraine headaches. It's also associated with providing pain relief, elevating mood, improving rosacea. Feverfew is sometimes applied directly to the gums for toothaches or to the skin to kill germs, for itching and to prevent insect bites.</p>	<p>Add to protection and healing spells to strengthen aura.</p>
Flax Seed	<p>Flax seeds are good sources of many nutrients - omega-3 fats, lignans and fiber. Flax seeds have heart health benefits and are linked to a lower risk of stroke. They promote regular bowel movements, can improve your digestive health, help lower cholesterol, lower blood pressure, may lower blood sugar, and may play an important role in improving heart health. Flax seeds are a good source of plant-based protein and can be an alternative protein source for people who do not eat meat. They also keep you full for longer and may help manage weight by controlling appetite.</p>	<p>Providing abundant aid to those working spells seeking prosperity, Flax Seed is also useful in healing and protection magic.</p>
French Green Clay	<p>Use as a weekly facial mask and on-the-spot treatment for trouble spots. Can also be used as a poultice for insect bites and rashes.</p>	

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Fuller's Earth Clay	<p>A natural compound mined from the earth's crust that is chemically referred to as magnesium aluminum silicate. As the latter suggests, the material consists of a variety of minerals and salts. Because it is highly absorbent, it is used to make facial masks and body packs to draw out impurities. It is also an ingredient in cat litter and automotive products formulated to soak up oil spills.</p>	
Ginger Root & Candied Ginger	<p>Ginger contains powerful anti-inflammatory and antioxidant properties. It is used for various types of "stomach problems," including motion sickness, morning sickness, colic, upset stomach, gas, diarrhea, irritable bowel syndrome, nausea, as well as loss of appetite. Other uses include pain relief from rheumatoid arthritis, osteoarthritis, menstrual pain, muscle pain and exercise-induced muscle soreness. Ginger may also lower blood sugar levels, improve various heart disease risk factors, and reduce LDL cholesterol and blood triglyceride levels. It may also protect against age-related damage to the brain, as well as improve brain function in elderly women.</p>	<p>Ginger root is often used in spell work designed to attract something to the user; be it Love, Money or Success. Ginger is also connected to Masculine energy, the planet Mars and Fire.</p>
Hawthorn Berries	<p>Hawthorn berries contain antioxidant properties and their fiber content is a prebiotic. They are used for diseases of the heart and blood vessels. They are also used to treat both low blood pressure and high blood pressure, hardening of the arteries, high cholesterol, and tapeworm and other intestinal infections.</p> <p>Hawthorn berries have been used for digestive system complaints such as indigestion, diarrhea, constipation, and stomach pain. They are also used to reduce anxiety, as a sedative, to increase urine output, to promote healthy hair growth, and for menstrual problems. Hawthorn berry preparations are used as a skin wash for sores, itching, and frostbite.</p>	<p>Hawthorn Berries and trees are around the world in many varieties. Gaelic legend marks it as the entrance to the "Otherworld", R. Graves links it to the White Goddess calling it the whitethorn for its flowers. This is a wonderful berry to add to any Path or lore you draw upon.</p>

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Hibiscus Flower Whole	Hibiscus is used for conditions such as high blood pressure, high cholesterol, increasing the production of breast milk, reducing levels of sugar and fats in the blood, swelling, infections, and spasms in the stomach, intestines, and uterus.	Traditionally associated with love spells, particularly those attracting lust and passion, Hibiscus is also good for divination and dream magic.
Honey Powder	Add to food or teas as a natural sweetener. Honey is great for cold and flu treatment. Raw and organic honey is preferable as it is an antibacterial and is high in antioxidants. It can be used in an ointment for treating wounds, burns and cold sores. May aid weight loss. Honey can cause changes to the metabolism that will help curb sugar cravings. Add to homemade cosmetics and skin care. Honey is also an excellent hangover remedy.	Symbolically used to stick things together. Dust over coins to attract wealth. Used in binding spells, adding stability to relationships, and put on poppets. It is used similarly to sugar; to sweeten a person or situation to work in your favor. - Honey is an excellent offering to god and spirits. A dab of it can be used in attraction, love, lust, and sex magic
Horehound	Horehound is a gentle but effective expectorant. It acts as a tonic for the respiratory system and stomach. Horehound has long been used to treat respiratory infections, including colds and asthma, and to help heal the membranes. Because of the bitterness of the herb, it is used mainly in the form of a syrup.	Sprinkle in a circle around you, your bed, or your home or carry to guard against sorcery and fascination. Horehound is bound to the Earth and to Mercury. Its name is a derivative of Horus, the Egyptian God of sky and light. Burned as an incense, Horehound is believed to honor Horus, the God of sky and light, and to increase protection from evil forces.
Hyssop Cut	Hyssop is used for digestive and intestinal problems including liver and gallbladder conditions, intestinal pain, intestinal gas, colic, and loss of appetite. It is also used for respiratory problems including coughs, the common cold, respiratory infections, sore throat, and asthma. Other uses include urinary tract infection, poor circulation, HIV/AIDS, and menstrual cramps. Some also use hyssop as a gargle; in baths to cause sweating; and on the skin for treating skin irritations, burns, bruises, and frostbite.	Said to help in spells seeking the protection of God, Hyssop is used in rituals of protection and purification as well as rituals of healing.

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Jasmine Flowers Whole	Jasmine has been used for liver disease, pain due to cirrhosis, and abdominal pain due to severe diarrhea. It is also used to prevent stroke, to cause relaxation, to heighten sexual desire, and in cancer treatment. Jasmine is used on the skin to reduce the amount of breast milk, for skin diseases, and to speed up wound healing.	Good for using in spells to attract love and prosperity, Jasmine is also used in divination, particularly that involving dream magic.
Jericho Flowers	A tea is made by steeping a tablespoon of dried material in hot water and the tea is used as an antimicrobial in cases of colds and sore throat.	These flowers of Mexico are of great use in love spells where you are seeking to bring to life love that has died or create love where there was none before. Sometimes called Rose of Jericho, or resurrection flower.
Jezebel Root	None.	This root is most often used by women to attract wealthy men (and their generosity), to help in receiving better tips and raises or in the Curse of Jezebel.
Juniper Berries	Juniper berries are high in vitamin C, flavonoid antioxidants, monoterpenes, and coumarins. They are taken by mouth for problems with digestion, urinary tract infections, and kidney and bladder stones along with many other conditions. They may also be taken to reduce swelling and to fight bacteria and viruses. Some apply juniper berries directly to the skin for wounds and pain in joints and muscles.	Quite helpful in attracting healthy energies and goodly spirits, Juniper berries are also good for spells and rituals of love and protection.
Kaolin Clay	Use alone or in combination with herbal infusions and essential oils to create weekly facial masks and spot treatments for troubled skin.	

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Herbs, Flowers, Spices, Roots & Powders Catalog

Herb	Wellness & Therapeutic Attributed	Metaphysical Attributes
Lavender Flowers Lavender Powder	Lavender is most used in aromatherapy. It is used for anxiety, stress, insomnia, depression, dementia, pain after surgery, mental health issues, headaches, hair loss, nausea, acne, toothaches, skin irritations, and cancer.	Lavender flowers are often used for spells of love and healing as well as to seek inner peace, or work spells of prosperity and protection.
Lemongrass Lemon Balm Lemon Balm Powder Lemon Peel	Lemongrass contains several antioxidants and has anti-inflammatory benefits, which may help prevent the growth of some bacteria and yeast, dysfunction of cells inside your coronary arteries, heart disease and stroke. It also contains substances that are thought to lower heart rate, improve blood pressure, relieve pain and swelling, reduce fever, improve levels of sugar and cholesterol in the blood, stimulate the uterus and menstrual flow, fight cancer, and increase urination. Lemongrass tea may help treat oral infections and cavities, menstrual cramps, bloating, hot flashes, upset stomach, stomach cramping, gastric ulcers, and other digestive problems.	Long used within herbal medicine, Lemongrass can be helpful spiritually in neutralizing energies and to allow the positive to enter.
Licorice Root	It is used for respiratory tract infections, lung inflammation, cough, bronchitis, influenza, swine flu, and bird flu. it is also used for digestive tract problems including upset stomach, gas, and loss of appetite.	Used with white of red candles to aid in weight loss spells or in love spells to curb the appetite of a cheating lover.
Linden Flower	Linden flower is used to promote sweating and for treating anxiety, colds, throat irritation and cough, headache, insomnia, high blood pressure, nervous tension, itchy skin, various types of spasms, liver and gall bladder disorders, diarrhea, and elevated arterial pressure. Linden tea also contains antioxidants that help fight inflammation.	Linden has long been known as a protective tree. Its branches are hung over doors and windows for this purpose and the tree is often grown at the center of gardens. Being a tree of immortality, its leaves are often used in spell and ritual work of healing and longevity.
Lovage Root		

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Herb	Wellness & Therapeutic Attributed	Metaphysical Attributes
Mandrake	American Mandrake is taken for jaundice, liver ailments, fever, syphilis, hearing loss, and cancer. It is also used to empty the bowels, kill parasitic worms in the intestine, and counteract snakebites. It is applied directly to the skin for removal of warts, including plantar warts and genital warts, as well as used topically for white patches on the tongue in people with weakened immune systems (hairy leukoplakia) and for corns.	A powerful herb that is used to create a Homunculus, Mandrake also aids in exorcism, spells involving spirits and increasing magical potency. This is American Mandrake - Mayapple, not Mandragora.
Marshmallow Root	An herb for respiratory support as tea or steam inhalations. Also used to soften skin.	Often used in protection Rites and sachets. It is also an excellent herb to use to stimulate psychic powers and abilities. I can also be used in spirit summoning blends.
Meadowsweet	Meadowsweet is used for colds, bronchitis, upset stomach, heartburn, peptic ulcer disease, and joint disorders including gout. It is also used to increase urine output and kill germs in the urine of people with bladder infections.	A favored flower of ancient festivals and weddings, and used in offerings to the dead, Meadowsweet has strong ties to ceremonies of life and death.
Mojo Wish Bean		The most common use for a Mojo Wish Bean is to carry it for seven days, using it as a focus for the wish you want it to aid in coming true.
Moron Leaf Tea		

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Herb	Wellness & Therapeutic Attributed	Metaphysical Attributes
Mugwort	Mugwort is used to treat stomach and intestinal problems such as colic, gas, diarrhea, constipation, cramps, weak digestion, worm infestations, and persistent vomiting. It is also used to ease headaches, nosebleeds, chills, fever, nerve problems, and insomnia. Mugwort is used to stimulate gastric juice and bile secretion; as well as used as a liver tonic; to promote circulation; and as a sedative. Other uses include treatment of hysteria, epilepsy, and convulsions in children. Women take mugwort for irregular periods and other menstrual problems.	Often used to protect against evil spirits, Mugwort is also believed to dispel fatigue from travelers, aid in astral travel, dream magic and divination.
Mullein Leaf cut	Mullein may have antiviral and antibacterial properties which help fight infections and treat certain respiratory conditions, such as cough or asthma, pneumonia, colds, and sore throat.	An ancient form of protection against black magic, curses and other negative energy, Mullein also helps keep away demons and instill courage.
Mulling Spices	Mulling is an old practice of infusing warmed juices, ciders, or wines with a collection of luscious ingredients, and results in a smooth and soothing evening beverage. Our Mulling Spices follow the traditional ingredients of cinnamon, cloves, allspice, and dried orange peels	
Nettle Leaf	May aid to detoxify the body, improve metabolic efficiency, boost immunity, increase circulation, improve energy levels, manage menstruation, minimize menopausal symptoms, and aid in skin care. It has the power to protect the health of the kidney and gallbladder, lower inflammation, increase muscle mass, regulate hormonal activity, lower blood pressure, soothe hemorrhoids, and improve respiratory conditions	Scatter Nettle Leaf outside home to remove negative energy. To remove a jinx, add to bathwater or floor wash.

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Herb	Wellness & Therapeutic Attributed	Metaphysical Attributes
Oat Straw Powder	Powdered oat straw is rich in vitamins and nutrients and may be added to smoothies and other foods. Ground oat straw is also a traditional bath herb used to soften skin and relief itching from sunburn and other minor irritations.	A grain of prosperity, sprinkled in harvest rituals to honor the Earth Mother and thank her for her gifts of bounty. Eat oats to increase income and when looking for employment.
Olive Leaf & Olive Powder	Incorporate into homemade soaps, oils, lotions, salves, ointments and hair care products.	A gift from the goddess Athena it represents wisdom, longevity, protection, peace and prosperity.
Orange Peel	Orange peels are rich in fiber, vitamins, and disease-fighting polyphenols. They also contain limonene, a chemical that may protect against skin cancer.	Known as a good source of vitamin C, spiritually it is a good aromatic offering for animal kingdom and peaceful home.
Oregano (Greek)	Oregano is good for treating irregular menstruation. It also provides you relief from the negative effects of menopause. Oregano oil has soothing properties, which provides you relief from the effects of allergies. Oregano oil is an excellent antioxidant and protects your body from various diseases as well as premature aging of the skin	Add to money, health or love rituals to increase satisfaction with the results.
Passionflower	Passionflower is taken by mouth for sleep problems, anxiety, adjustment disorder, attention deficit-hyperactivity disorder (ADHD), pain, fibromyalgia, relieving opioid withdrawal symptoms, reducing anxiety and nervousness before surgery, and heart failure. Some apply passionflower directly to the skin for hemorrhoids, burns, and swelling.	Said to aid in finding emotional balance, helping to bring peace and friendship, Passionflower is also believed to improve the libido.

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Herb	Wellness & Therapeutic Attributed	Metaphysical Attributes
Pennyroyal Leaf	Pennyroyal is used for colds, pneumonia, and other breathing problems. It is also used for stomach pains, gas, intestinal disorders, and liver and gallbladder problems. As well, it is used to control muscle spasms, cause sweating, and increase urine production. Women use it to start or regulate their menstrual periods. Pennyroyal is applied to the skin to kill germs, keep insects away, and treat skin diseases. It is also used topically for gout, venomous bites, and mouth sores; and as a flea-killing bath.	Said to be of use for spells of purification, Pennyroyal is known for its uses in spells of protection and exorcism as well.
Peppermint Leaf cut	Peppermint leaf may be used to soothe upset stomach, help with headaches, kill mouth germs, ease stuffy sinuses, boost energy, relieve menstrual cramps, calm seasonal allergies, and fight several types of bacteria including those that cause foodborne illnesses and contagious illnesses.	Of potent use in creating visionary dreams and psychic ability, Peppermint is also famous for its fresh aromatic fragrance.
Raspberry Leaf	Raspberry leaf is rich in nutrients and antioxidants and is taken by mouth or used in tea for easing labor and delivery, for gastrointestinal disorders including diarrhea; for infection of the airways including flu, to help relieve premenstrual symptoms, and for heart problems. Red raspberry leaf is used in a gargle for sore throat and applied to the skin for rashes.	Useful in seeking visions, Raspberry leaf is also good in other spells of divination as well as in spells of protection and love.
Red Clover Flower or Powder	Traditionally used to balance hormones and decrease mucus accumulation in the oral and nasal passages. There's some evidence that red clover isoflavones may also help treat menopause symptoms like hot flashes and night sweats, improve bone mineral density, and lower the risk for osteoporosis and heart-related problems, like high cholesterol and high blood pressure symptoms. Makes a sweet tea.	Red Clovers uses often include fidelity, love, money, protection, and the blessing of domestic animals. Place red clover in your fairy garden, it is said to be a favorite among the fairy folk.

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Herb	Wellness & Therapeutic Attributed	Metaphysical Attributes
Red Rose Buds & Petals	Rose tea is rich in polyphenols, such as gallic acid, anthocyanins, kaempferol, and quercetin. These antioxidants help neutralize free radicals and contribute to good health. Drinking rose tea before and during a menstrual period may reduce pain and psychological symptoms.	Great for spells of love and happiness, Red Rose Buds and Petals are also fantastic for those who seek prosperity.
Rhassoul clay	Mix with water to use as a cleanser and conditioner for skin and hair. Red clay is also used in various cosmetics, including body powders, creams and lotions.	
Rose Hips Whole	Rose hips contain antioxidants that can help protect against cell damage from free radicals and heart disease. Rose hips are used by mouth for osteoarthritis and to treat stomach problems, infections, and obesity. They are applied to the skin for stretch marks. Rose hip tea is rich in anti-inflammatory compounds and has high levels of antioxidants, so it may boost your immune system, aid weight loss, reduce joint pain, support healthy-looking skin, and protect against heart disease and type 2 diabetes.	Said to be of use in calling good spirits and seeking their aid, Rose Hips are also good for seeking good luck.
Rosemary Leaf & Powder	Rosemary is used for digestion problems, heartburn, intestinal gas, and loss of appetite. It is also used for liver and gallbladder complaints, gout, stress, depression, improving memory in healthy adults, reducing age-related memory loss, improving energy, opioid withdrawal symptoms, sunburn protection, and diabetic kidney disease. applied to the treat baldness. Used for as an insect repellent.	Rosemary is traditionally known for increasing memory and being a powerful aid in spells of love and romance.

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Herb	Wellness & Therapeutic Attributed	Metaphysical Attributes
Sage or Sage Powder		
Saltpeter	None.	Commonly used by women to keep their partner from straying, Saltpeter is also of great use in exorcisms and other purification rituals.
Sage Leaf & Sage Powder	A traditionally culinary herb it can also be ground and applied directly to minor wounds as a first aid powder. A paste of sage powder and water may also be applied to the skin or gums.	Sage can spiritually & physically lift the energy and spirits of a space. Sage can leave a room feeling clean. This energy transfers to a spiritual high & raise in vibrations, allowing one to energetically declutter & draw in more positive energy. A powerful & magical way to work a cleansing ritual or manifestations with 'clear' intent
Sassafras Leaf	Topical solutions made from sassafras root bark are reputed to naturally deter insects, including mosquitoes. Infuse in oil or alcohol for use in perfumery and soaps.	Sassafras leaves are aromatic and can be used as a positive energy generator by simply placing in a bowl on altar or furniture. It can be mixed with several herbs for dream pillows to help with positive energy and psychic powers.

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Herb	Wellness & Therapeutic Attributed	Metaphysical Attributes
Spearmint cut	<p>Spearmint is high in antioxidants and other beneficial plant compounds that may help balance hormones, lower blood sugar, improve digestion and relieve digestive symptoms (such as nausea, vomiting, abdominal pain and bloating). It may even reduce stress and improve memory. Spearmint has antibacterial activity against several types of harmful bacteria, including bacteria that cause foodborne illnesses, such as E. coli and Listeria. It also has beneficial effects on arthritis pain and blood pressure.</p>	<p>A great herb and used widely. It can be invigorating for the mind, senses, and psychic awareness as an aromatic. Also Spearmint is useful in dream and mojo bags to call positive bright energy.</p>
St John's Wort cut	<p>St. John's wort is most used for "the blues" or depression and symptoms that sometimes go along with mood such as nervousness, tiredness, poor appetite, and trouble sleeping. It is also used for symptoms of menopause such as hot flashes and mood changes.</p>	<p>St. John's Wort is great for warding off against evil spirits or negative magic, and can be quite potent for exorcisms, instilling courage and divination.</p>
Strawberry Leaf	<p>Strawberry leaves contain several vitamins and compounds that possess beneficial health properties, as well as defenses against microbial pathogens. Vitamin C (an antioxidant), calcium (can help with bone health), and iron (can improve red blood cells) can be found in the leaves. Also contain tannins that serve as a strong digestive; can help with an upset stomach, cramps, or bloating. a natural diuretic. Strawberry leaves can be used in tea, in order to reap their antioxidant and anti-inflammatory benefits. Gargling the tea is useful against a sore throat, gum inflammation, canker sores, or minor scrapes and burns.</p>	<p>Often known by the famous fruit of Strawberry, the leaf has been used as well. For spirit Path it can be excellent as an offering herb. Call or clear spirits in a dwelling.</p>

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Herb	Wellness & Therapeutic Attributed	Metaphysical Attributes
Thyme Leaf & Thyme Powder	Use as seasoning for vegetables, meats, pasta, rice, cheese and eggs, Infuse in oil for use in soaps, creams, salves and lotions.	Add to food to increase awareness, sight and memory. Thyme cleanses and renews the spirit and calls angelic forces to one's aid. Also used to invoke more gentleness and understanding into a relationship.
Triphala Powder		
Valerian Root	Valerian root is most commonly used for sleep disorders, especially insomnia. It may help reduce anxiety related to acute stress and improve symptoms of OCD. It may also increase focus and reduce hyperactive behavior in children. Valerian root may also be helpful for menopause, premenstrual syndrome, painful menses, restless legs syndrome and neurological disorders such as Parkinson's disease.	Quite potent when used within spells and rituals of protection and purification, Valerian Root is well known for warding off negative intention and magic.
Vervain	Blue Vervain is known as a natural tranquilizer and a relaxer for the nervous system. It is also one of the best herbs to help prevent the onset of a virus or fending off an upper respiratory infection.	
(Blue Vervain)	Expectorant qualities help alleviate chest congestion by expelling phlegm; clears up respiratory tract; helps balance hormones; helpful for insomnia; anti-parasitic, so it helps the body expel worms; eases menstruation discomfort; and used for oral health, such as gingivitis and sore gums.	A powerful aid in warding off evil spirits and vampires, Vervain is also a great aid of divination, trances, dream magic and creating love spells.

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Herb	Wellness & Therapeutic Attributed	Metaphysical Attributes
White Oak Bark	White oak bark is used as a tea for arthritis, diarrhea, colds, fever, cough, and bronchitis; for stimulating appetite; and for improving digestion. Some apply oak bark directly to the skin in a compress or add it to bath water for pain and swelling of the skin, mouth, throat, genitals, and anal region; and for red itchy skin due to cold exposure.	With oaks used by Celts as gateway between worlds, White Oak bark is believed to aid in the creation of such portals. It is also being explored as a dietary aid, with many vitamins and minerals.
White Willow Bark cut (Salix alba)	Willow bark acts a lot like aspirin, so it is used for pain, including headache, muscle pain, menstrual cramps, rheumatoid arthritis, osteoarthritis, gout, and a disease of the spine called ankylosing spondylitis. It is also used for fever, the common cold, flu, and weight loss.	Frequently associated with the moon or the element of water, willow bark can be good for spells and rituals of healing as well as those of binding.
Witch Hazel Leaf cut (Hamamelis virginiana)	Witch hazel is taken by mouth for diarrhea, mucus colitis, vomiting blood, coughing up blood, tuberculosis, colds, fevers, tumors, and cancer. Witch hazel is applied directly to the skin for itching, pain and swelling, eye inflammation, skin injury, mucous membrane inflammation, varicose veins, hemorrhoids, bruises, insect bites, minor burns, acne, sensitive scalp, and other skin irritations.	Native Americans frequently used Witch Hazel leaf for several healing aspects. It can be used to call energies, offering to Spirits, Energies, and Elements It can be sewn into a mojo bag as a talisman of power to call or command intensions and overcome adversity.
Wormwood	Wormwood is used for various digestion problems such as loss of appetite, upset stomach, gall bladder disease, and intestinal spasms. It is also used to treat fever, liver disease, depression, muscle pain, memory loss and worm infections; to increase sexual desire; as a tonic; and to stimulate sweating. Wormwood is used for Crohn's disease and a kidney disorder called IgA nephropathy. Some apply wormwood directly to the skin for osteoarthritis, and healing wounds and insect bites.	Wormwood is often burned as an incense during rituals and spell work designed to increase or develop psychic powers. It is also connected to Masculine Energy, Mars and Fire.

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Yarrow Flower	Yarrow is used orally for diarrhea, gas, ulcers, and other stomach issues. It is also used for asthma, colds, runny nose, arthritis, liver disorders, and may reduce symptoms of certain brain disorders, such as epilepsy, multiple sclerosis, Alzheimer's, and Parkinson's. Yarrow is used on the skin for wounds and skin healing.	Often used in Handfasting ceremonies and weddings Yarrow flower is also helpful in spells of divination.
Yoni Steam		

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