

Herbs & Green Magic



All-Purpose Herbs



Rosemary

Salvia rosmarinus

It has antioxidant, antimicrobial, and anti-inflammatory compounds. It is an herb devoted to studies and good memory.

Lemongrass

Cymbopogon

Traditionally used to treat digestive problems and high blood pressure, it fights bacteria and promotes mental well-being.



Rosemary and Lemongrass can replace any other herb in a spell.



Rose

Traditionally used in love spells, roses embody the chalice of life and the soul. They represent good qualities and bring fortune. A rose can be used instead of any other flower in a spell.

Sandalwood

Santalum album

Sandalwood brings us closer to the divine, inciting calmness and clearing the mind. It can be used to substitute any other type of wood.



Frankincense

Boswellia sacra

Burning frankincense helps getting into a meditative state. It carries many intrinsic intellectual powers. Frankincense can be used instead of any gum resin.

Prosperity Herbs



Allspice

Pimenta dioica

Cinnamon

Cinnamomum



Cinquefoil

Potentilla

Clover

Trifolium



Ginger

Zingiber officinale

Heliotrope

Heliotropium
*may cause skin rash



Honeysuckle

Lonicera

Mint

Mentha



Oak tree

Quercus

Oats

Avena sativa



Periwinkle

Catharanthus roseus
* toxic

Pine tree

Pinus
* common allergen



Use these herbs with care, especially if pregnant or breastfeeding.

Love & Joy Herbs



Basil

Ocimum basilicum

Cinnamon

Cinnamomum



Lemon

Citrus x limon

Maple tree

Acer



Marjoram

Origanum majorana

Rose

Rosa



Rosemary

Salvia rosmarinus

Oregano

Origanum vulgare



Thyme

Thymus vulgaris

Vervain

Verbena



Violet

Viola

Yarrow

Achillea millefolium



Use these herbs with care, especially if pregnant or breastfeeding.

Aloe Vera *(Barbadensis Miller)*



Other names: Chinese Aloe, Indian Aloe, True Aloe, Barbados Aloe, Burn Aloe, First Aid Plant..

Origin: Arabian Peninsula, but it grows wild in tropical, semi-tropical, and arid climates.

Element: Water

Gender: Feminine

Planet: Venus

Zodiac: Cancer

Magical Properties

Protect the home: Aloe vera protects those inside the home from any malicious actions, but it is also known to protect against accidents. This is why many people place an aloe vera plant at the front of their house or on a windowsill as they are able to dispel negative energy.

You can also dab some gel over each exterior doorway, or make a wreath with aloe vera and hang it on the front door.

Medicinal Properties

Gums and teeth: It's as effective as toothpaste in controlling cavity-causing oral bacteria.

Burns: Rub it into the skin to quickly heal first and second-degree burns.

Reduces constipation: Used internally, it can improve metabolism.

Contraindications: It's not safe to take Aloe vera internally over long periods of time. Consult with a doctor before taking aloe latex as it can have serious and potentially fatal side effects.

Aloe Vera & Avocado

Face Mask

INGREDIENTS:

1 X RIPE AVOCADO

2 X TBL SPOONS (RAW) HONEY

1/4 CUP ALOE VERA GEL

METHOD:

1. BLEND OR SMASH RIPE AVOCADO UNTIL SMOOTH
2. THOROUGHLY MIX IN HONEY & ALOE GEL
3. APPLY TO FACE & LEAVE ON FOR 20 - 30 MINUTES
4. RINSE WITH WARM WATER



Basil *(Ocimum basilicum)*

Other names: Albahaca, American Dittany, 'Our Herb', St. Joseph's Wort, Sweet Basil, Witches Herb.

Origin: Tropical Old World: central Africa and Southeast Asia.

Element: Fire

Gender: Masculine

Planet: Mars

Zodiac: Scorpio

Magical Properties

Love: Basil can be tucked fresh or dried into a sachet and carried to strengthen feelings of love and attraction. Even the scent of fresh basil is said to cause sympathy to form between two people.

Money: The basil leaf is considered lucky for attracting money. Carry a leaf in your wallet or purse for a little extra boost in your finances.

Medicinal Properties

Antibacterial: Basil essential oil provides protection against harmful bacteria growth. Researchers tested the antibacterial strength of basil against powerful strains of bacteria such as E. coli from sick patients.

Fights Cancer: Basil contains phytochemicals that naturally prevent chemical induced cancers of the skin, liver, and lungs in humans.

Contraindications: Avoid if pregnant, breastfeeding, or in young children. Do not use if you suffer from a bleeding disorder. Do not use if you have low blood pressure. Stop using basil at least 2 weeks before a scheduled surgery.

Basil Migraine Tea

INGREDIENTS:

5-6 X FRESH BASIL LEAVES

1/2 X TEASPOON RAW HONEY (OPTIONAL)

METHOD:

STEEP IN HOT WATER FOR 5 MINUTES

ADD HONEY TO SWEETEN

HELPS COMBAT A MIGRAINE
BEFORE IT SETS IN

SETTLES YOUR STOMACH

COOL & GARGLE TO RELIEVE
A SORE THROAT OR COUGH

Bay Leaf *(Laurus nobilis)*



Other names: Laurel, Sweet Bay, Daphne, Laurier d'Apollon.

Origin: Mediterranean region and Asia Minor.

Element: Fire

Gender: Masculine

Planet: Sun

Zodiac: Leo

Magical Properties

Negative Magic/Energy Repellent: Burning the leaves will protect and exorcise harmful energies. In the middle ages, to protect people from the plague, bay leaves were used in various spells and charms. While in voodoo, a bag with bay leaves is worn to protect the wearer from enemies as well as ward off the evil eye.

Success and Victory: Apollo wore bay leaves as a crown, a symbol of devotion, success, and victory. Wear or carry bay leaves to ensure success or victory in any endeavor.

Medicinal Properties

Improve Digestion: Enzymes found in bay leaves stimulate the digestion of complex proteins promoting better nutrient absorption and more efficient digestion of food. Take them in a capsule or tea.

Healing Wounds: Placing bay leaves on a wound is an age-old tradition. A group of researchers recently concluded that the extract from the leaf can reduce inflammation around the wound.

Contraindications: Bay leaf should never be eaten whole as it cannot be digested. Avoid use if pregnant or breast-feeding. Do not take if diabetic. Should not be taken during or after surgery.

Bay Leaf Manifestation Spell

WHAT YOU WILL NEED: :

- 1 Bay leaf (preferably dried but can be fresh)
- 1 marker or pen
- Lighter or matches
- Cauldron or fireproof container
- 1 candle
- Tongs (for safety)

CANDLE MEANINGS:

- Green for money and health.
- Yellow for creativity
- Orange for success
- Red for passion and love
- Pink for friendship, family, and self-care
- Blue for communication with those around you and your guides
- White for cleansing and can be used as an all-round candle
- Black to break hexes and for protection
- Purple to enhance psychic abilities and for anything spiritual
- Brown for pets and home blessings

Bay Leaf Manifestation Spell

HOW TO CAST THE SPELL:

Light the candle and set the mood. Optionally, you can light some incense, cast a circle, or play music in the background.

Take your Bay leaf and a marker and write your manifestation wish on the Bay leaf. While you are doing this you should focus your energies on what you want to attract.

For example, you could write something like *"Increase my monthly money income by 50%."* You can be as specific as you want, but you should ensure you understand what you are asking for. Think carefully and write your manifestation desire clearly.

As you are writing and focusing your energies on your wish, make sure that your emotions are also in line with what you want to manifest.

Visualize the feeling of receiving what you are asking for.

Imagine the difference it makes to your life and feel the tension released.

When you are ready, it's time to burn your Bay leaf. Using the tongs, safely hold the Bay leaf near the candle flame until it burns almost entirely. It is best to use tongs as Bay leaves contain a lot of oil and burn quickly – so watch your fingers!

Put the Bay leaf inside the cauldron. This part of the spell or ritual should be a mindful process as well. Watch the smoke rise and take in the aroma of the burning Bay leaf.

Let the candle burn as you meditate. If you need to leave the room, snuff out the candle and continue to burn it during the following days.

Throw away the ashes and spell remains in any way that is convenient to you as you give thanks for their help in your ritual. (Or save them to make black salt!)

Bay Leaf Manifestation Spell

NOTES:

Never leave candles burning unattended.

Some people love to have an elaborate ritual when carrying out any kind of witchy work and others prefer to just stick to the practicalities. Creating a ritual atmosphere can help you connect more closely with your desires and activate your powers of manifestation.

You can start your ritual with a Wiccan Prayer or calling the Quarters, do whatever works best for you. The most important part of the spell is the strength of intent that you have.

When will the spell manifest?

Manifestation may take many forms, so you should be on the lookout for opportunities that may come your way in the next month. Sometimes the manifestation of a desire can take the most unusual path to give you what is truly best for you. If one or two months have passed and you haven't seen any results, re-cast the spell with new ingredients.

Burning Bay Leaves For Protection:

Burning Bay leaves can be used for other kinds of reasons too. For example, you can burn a Bay leaf to bring protection to your home. This can be especially useful if you feel a little vulnerable for whatever reason. You can do this as often as you feel the need.

Bay Leaf

Home Protection Spell

WHAT YOU WILL NEED:

Several Bay leaves

Lighter or matches

Cauldron or fireproof container

The best day to carry out this protection spell is Saturday.

HOME PROTECTION SPELL:

You don't need to write anything on the bay leaves for this spell. You just need your positive intention for the protection of your home.

1. Say *"Banish negativity from my home and only allow people with positive intentions to enter."* You can choose other words that you feel comfortable with.
2. When you are ready, and with your intention for protection of your home firmly in your mind, place the bay leaves in the cauldron and light them.
3. You can either continue to allow the bay leaves to burn where they are, or you can move around your home with the lighted leaves and allow the smoke to move to other parts of your home. This is especially useful at your doors.

If your bay leaves won't burn easily, use a pair of tongs to hold the leaf over a lit candle and once it's burning safely place it in a fireproof container. Don't leave the candle burning unattended.

Bay leaf, or laurel, is a noble and protective tree, with a strong energy that attracts luck, success, and material and spiritual fulfilment. This herb helps us connect with our intellectual and spiritual sides.

Bay leaf burnings are a really quick and easy way to send your request out and the smoke also reduces anxiety and depression.



Cinnamon (*Cinnamomum cassia*)

Also known as *Cinnamomum verum*, most cinnamon today is derived from the *Cassia* variety.

Origin: Native to Ceylon (Sri Lanka).

Element: Fire

Gender: Masculine

Planet: Sun

Zodiac: Aries

Magical Properties

Healing: Cinnamon has a warm, comfortable smell that when burned can sanctify an object or area. For this reason, cinnamon is used to aid in healing spells. It has been directly burned in the sick rooms of patients to help aid healing in general.

Love and Sex: Cinnamon's aphrodisiac qualities come from being associated with fire and air elements. In magical workings, it enhances the communication skills needed to make love spells effective.

Medicinal Properties

Antioxidant: Cinnamon is a powerful antioxidant because it is loaded with polyphenols that help combat cell damage. It has outperformed superfoods such as garlic and oregano with its antioxidant properties.

Neurodegenerative Diseases: Two components in cinnamon inhibit the build up of the protein tau in the brain. The buildup of tau is linked to Alzheimer's disease. In another study using mice with Parkinson's disease, cinnamon helped protect neurons and improve motor function.

Contraindications: Cinnamon may decrease blood sugar. Taken in large doses it might harm the liver. Do not apply oil to the skin as it can cause irritation and allergic reactions.

Cinnamon Lemon Water

INGREDIENTS:

1 STICK OF CINNAMON

1/2 A LEMON SLICED

HOT WATER

METHOD:

STEEP THE CINNAMON STICK AND SLICED
LEMON IN HOT WATER

DRINK IN THE MORNING ON AN EMPTY
STOMACH

HELPS REGULATE BLOOD SUGAR (DIABETICS)

PREVENTS ALZHEIMER'S

AIDS WEIGHT LOSS

SOOTHES MENSTRUAL CRAMPS

Garlic (*Allium sativum*)



Other names: Allium, Allium sativum, Garlic clove.

Origin: Garlic is believed to be a native of central Asia, South Asia or southwestern Siberia. There is some debate over the origin of this herb.

Element: Fire

Gender: Masculine

Planet: Mars

Zodiac: Aries

Magical Properties

Repel negativity: Garlic wards off all negativity, keeping away thieves and all evil. Place it near the doors or windows to repel envious people. To bless a new home, place garlic in every corner of the house.

Garlic was traditionally eaten during festivals dedicated to Hecate. Leave a clove of garlic at a crossroads as an offering to her. Ancient Roman soldiers would eat garlic before battle to give them strength and courage. A clove of garlic strengthens the energy of mojo bags.

Medicinal Properties

Protects the Heart: Garlic oil contains a component called diallyl trisulfide that helps to protect the heart both during surgery and after a heart attack. Garlic oil reduces damage caused by heart attacks.

Antibacterial: Garlic concentrate is effective against bacteria. You may be able to make your own by soaking a few garlic cloves in olive oil.

Contraindications: If taking Warfarin, consult a doctor before taking garlic supplements. Garlic can trigger allergic reactions and increase asthma symptoms in some people.

Ginger (*Zingiber officinale*)



Its name came from the Sanskrit word 'srngaveram' which means horned body.

Origin: Southeast Asia, but widely cultivated in other countries. By the 1st century, traders had taken ginger into the Mediterranean regions.

Element: Fire

Gender: Masculine

Planet: Mar

Zodiac: Aries, Sagittarius, Scorpio

Magical Properties

Eaten, drank, or chewed, this root raises a ton of magickal energy for the practitioner. Many practitioners use ginger to make their plans come to fruition more quickly. Maybe that's because all the power of fire and passion are compacted into this bumpy root are released.

Add ginger to spells related to: Courage, energy, healing, inspiration, love, lust, money, passion, power, relationships, success.

Medicinal Properties

Reduce Nausea: Studies have shown that ginger can relieve nausea for motion sickness and after cancer treatments in both children and adults.

Intestinal Benefits: Ginger can help the body break up and expel this digestive gas before it becomes a painful problem. It improves gastric mobility and increases the speed in which the stomach is emptied.

Inhibit Inflammation: Ginger has strong anti-inflammatory properties and helps treat inflammatory conditions.

Contraindications: Avoid ginger if any allergic reactions are experienced such as hives or itching. Decrease consumption in case of mild side effects such as heartburn, diarrhea, or stomach pain.

Ginger & Lemongrass Drops

INGREDIENTS:

To make the Ginger & Lemongrass tea:

- 1/2 cup dried or fresh Lemongrass. If using fresh, smash it with a meat tenderizer to release the juices before adding to the water.
- 3/4 cup chopped fresh Ginger root smashed with a meat tenderizer to release the juices.
- Just enough water to cover the ingredients in the pan.

Additional ingredients for the Ginger & Lemongrass Cough Drops:

- 1 cup of the Lemongrass & Ginger tea
- 1 cup granulated sugar
- 1/2 cup honey

METHOD - PART 1:

To make the Ginger & Lemongrass tea:

- Add the Lemongrass and Ginger to a pan with a tight-fitting lid.
- Add water just to cover and bring to a boil.
- Place the lid on the pan, remove from the heat, and let steep for 10 minutes.
- Strain well.
- Measure 1 cup of the Ginger & Lemongrass tea (reserving any additional tea for later batches of cough drops.)

Ginger & Lemongrass Drops

METHOD - PART 2:

To make the Ginger & Lemongrass Cough Drops:

- Lay out whichever molds you plan on using on a rimmed, heat-proof baking pan.
- Add the 1 cup of Ginger & Lemongrass tea to a large, heavy-bottomed pot over medium-high heat.
- Stir in the sugar & honey, add a candy thermometer to the bottom of the pan, and stir until the sugar is dissolved.
- Slowly bring the mixture to a boil, stirring well from time to time. (Avoiding the sides of the pot)
- Watch the candy thermometer. When the mixture reaches about 250°F (121.1°C), stir almost constantly, taking care to stir up the bottom well and still avoid the sides.
- When it reaches 302°F (150°C), remove from the heat and carefully pour into silicone molds or a confectioner's sugar mold. Use a spatula to make sure the molds are full and to scrap the excess off the top. Do not touch it as it is extremely hot!
- Let cool several hours or overnight before removing from the mold.
- Toss with confectioner's sugar if desired (prevents sticking).
- Store in a single layer in an airtight container at room temperature.



Lavender *(Lavandula angustifolia)*

Other names: English lavender, French lavender, and true lavender

Origin: Mediterranean, Middle East and India.

Element: Air

Gender: Masculine

Planet: Mercury

Zodiac: Virgo

Magical Properties

Purification: Practitioners often use lavender as an asperging herb, dipping the plant in water and sprinkling it around the ritual space for purification before beginning a spell.

Meditation: Use lavender when meditating in order to relax and open the consciousness. Drinking a tea infusion or tincture made from the essential oil can relax both the mind and body.

Medicinal Properties

Anxiety: Lavender has been successful in treating patients with general anxiety disorders. In scientific studies, lavender has also significantly decreased anxiety in dental offices and test taking situations.

Menstrual Pain: aromatherapy massages using lavender oil were shown to reduce pain associated with menstruation better than regular massages. Inhaling lavender oil during the first few days of menstruation appears to reduce stomach discomfort and backache in women with menstrual pain.

Contraindications: Large amounts of lavender should not be consumed internally by pregnant women or nursing mothers. Do not take lavender if you are currently taking chloral hydrate, barbiturates, or CNS depressants.

Lavender Sleep Spray

INGREDIENTS:

1 X 100ML SPRAY BOTTLE

20 - 30 X DROPS PURE LAVENDER ESSENTIAL OIL

3 X TABLESPOONS ORGANIC WITCH HAZEL LIQUID

1 X FILTERED SPRING WATER TO TOP UP THE BOTTLE

ADD ALL INGREDIENTS INTO BOTTLE

& SHAKE WELL.

SPRAY ON YOUR PILLOW 20-30 MINUTES

BEFORE SLEEPING - TO HELP YOU SLEEP

SPRAY IN ROOM TO REMOVE

ANXIETY, DEPRESSION, & TO KEEP YOU CALM

Lemon (*Citrus limon*)



Origin: Uncertain. Suggestions are that it originated in the Punjab region of Pakistan and India, or the eastern Himalayan region of southern China and upper Myanmar. Lemons can grow well in tropical and semi-tropical climate.

Element: Water

Gender: Feminine

Planet: Sun, Moon

Zodiac: Cancer, Pisces

Magical Properties

Happiness and Joy: Their bright color represents joy, happiness, and fulfillment. Lemons can symbolize solar energy (growth, creativity, hope and victory) through its shape, scent and color; or lunar energy (love, fertility, intuition, protection) through its flowers and rind.

Cleansing: Add lemon to a bath to cleanse the self or add it to cleaning supplies to purify the home. Lemon scent clears thoughts and mind.

Medicinal Properties

Reducing Risk of Stroke: flavonoids in lemons have been shown to help women lower their risk of ischemic stroke (when a blood clot blocks the flow of blood to the brain). Consuming flavonoids can also help to protect against certain cancers and cardiovascular disease.

Iron Absorption: Lemons are high in Vitamin C, which boosts iron absorption. Iron is an essential nutrient because it is a central part of hemoglobin, which carries oxygen in the blood.

Contraindications: Avoid lemons if you have mouth ulcers or if suffering from gastroesophageal reflux disease (GERD).

Oregano (*Origanum vulgare*)



This herb has long been an essential ingredient of Mediterranean cooking and is widely used to season many foods.

Origin: Oregano is native to the hills of the Mediterranean countries and western Asia.

Element: Air

Gender: Feminine

Planet: Venus

Zodiac: Libra

Magical Properties

Happiness & Joy: Ancient Greeks used it in wedding ceremonies as they crowned the bride and groom with a wreath of oregano to ensure future happiness. Also to decorate graves ensuring joy for the deceased.

Love: Ruled by Venus and associated with Aphrodite, oregano can help deepen existing love between a couple. It is best used for rituals celebrating joyful occasions like marriages and births, but it can be used for even simple celebrations or rituals to bring joy into one's life.

Medicinal Properties

Antibacterial: Oregano essential oil has antimicrobial properties from its concentration of carvacrol and thymol. Both carvacrol and thymol have been shown to prevent strains of bacteria from developing in both meat and dairy. Researchers are currently investigating the ability of oregano to kill various microbes that don't respond to traditional drugs.

Contraindications: Oregano essential oil is known to block the growth of infection causing bacteria, but eating oregano will not prevent infections. Avoid oregano for two weeks before surgery as it increases the risk of bleeding. Those with allergies to the mint family (oregano, basil, lavender, mint, sage) may develop an allergic reaction.

Palo Santo *(Bursera graveolens)*



Its name comes from Spanish “holy wood” or “wood of the saints”.

Origin: Central and South America.

Element: Air

Gender: Masculine

Planet: Venus

Zodiac: Gemini

Magical Properties

Cleansing: Healers, practitioners, and shamans use the smoke of a wood stick to cleanse the area for rituals. Local South American custom tells of its ability to protect both the home and the spirit.

Inspiring Creativity: Lighting the very end of a stick of palo santo and blowing it out in order to smolder brings creativity to the space. The smell of the wood enlivens the senses and ignites the imagination.

Medicinal Properties

Cold and Flu Prevention: Adding a few drops of the essential oil to a bath or shower can relieve symptoms of colds such as congestion and dizziness. Applying a few drops to the heart or chest can help stop the flu before it takes hold.

Cancer Fighting: The oil from palo santo trees contains highly protective phytochemicals. In the digestive, endocrine, cardiovascular, and nervous system, these phytochemicals stop cancer causing formations.

Contraindications: Always test the oil on your skin prior to using on any sensitive areas. Research and use only reputable brands of palo santo essential oil as the true oil is becoming harder to obtain and many copycat versions are on the market.

Peppermint (*Mentha piperita*)



Peppermint is a natural hybrid of water mint (*Mentha aquatica*) and spearmint (*Mentha spicata*).

Origin: Northern Africa and the Mediterranean. It grows wild throughout Europe and North America and is cultivated in many regions of the world.

Element: Air

Gender: Masculine

Planet: Venus

Zodiac: Aquarius, Virgo

Magical Properties

Release Negative Energy: Place it on your altar or around your home to clear the energies, invite protection, and create positive changes.

Encourage Prophetic Dreams: Burned, peppermint leaves help to induce sleep with its aroma. If placed under the pillow, peppermint can bring about visions of the future through dream work.

Medicinal Properties

Relieve Digestive Symptoms: Bloating, gas, and indigestion can all be relieved with the use of peppermint. It also reduces abdominal pain.

Reduce Tension Headaches: Menthol is found in peppermint and it increases blood flow and provides a cooling sensation. With migraines, applying the oil to the forehead and temples will reduce headache pain.

Contraindications: Test a small patch of skin for any reactions before applying larger amounts. Keep peppermint oil away from the face or chest of infants and young children. Pregnant and breastfeeding women should avoid peppermint oil. Some medications can adversely interact with peppermint oil. Consult a doctor before using this herb.

Peppermint & Eucalyptus

Headache Balm

INGREDIENTS:

20 X DROPS PEPPERMINT ESSENTIAL OIL

20 X EUCALYPTUS ESSENTIAL OIL

2-3 X TABLESPOONS BEESWAX PELLETS (OR SOY WAX)

METHOD:

- MAKE SURE THE WAX IS NOT ON DIRECT HEAT - IT IS BEST TO USE A DOUBLE BOILER INSTEAD OF A POT.
- ONCE WAX IS MELTED - ADD IN THE ESSENTIAL OILS, STIR THOROUGHLY, & POUR INTO YOUR SMALL AIRTIGHT CONTAINER – DO NOT CLOSE IT.
- LEAVE THE CONTAINER OPEN & LET IT COOL FOR AT LEAST 4 HOURS, ONCE COMPLETELY COOL, CLOSE THE CONTAINER & LEAVE IT TO SET OVERNIGHT.

MASSAGE A SMALL AMOUNT OF THE BALM INTO YOUR TEMPLES & THE BACK OF YOUR NECK TO RELIEVE HEADACHES/MIGRAINES.

PUT A LITTLE UNDER YOUR NOSE FOR FASTER HEADACHE RELIEF
(DOES BURN A LITTLE).

Rose (Rosa)



Cultivated for over 5,000 years, the rose is one of the most symbolic flowers of all time.

Origin: Cultivation of roses was well under way in China by 500 BC and the Romans also grew large quantities for commercial use.

Element: Water

Gender: Feminine

Planet: Venus

Zodiac: Taurus

Magical Properties

Love: Roses enhance the beauty and passion of love spells. It has even been said that removing the thorns from the rose will enhance the power of the spell and fulfill the wishes of the practitioner.

Positive Energies: Infuse any space with loving vibration to promote tranquility. Rose offerings bring positive, friendly spirits into the home. Roses are good luck and bring good fortune, so they can be added to any charm to ward off evil or negative energy.

Medicinal Properties

Aphrodisiac: Inhaling the scent of rose increases sexual desire and satisfaction. It also reduces stress to help with sexual dysfunction.

Anti-Anxiety: Smelling a rose uplifts the spirits and this might be why the oil has been used to treat people with general anxiety disorder. Roses cause a dopamine release that helps to alleviate depression and anxiety.

Contraindications: Do not ingest rose essential oil. Never use any essential oil close to mucus membranes. Dilute with a carrier oil for sensitive skin. Keep rose essential oil out of reach of children and pets.

Rose Water Toner

Recipe & Spell

Roses have astringent and antibacterial properties. You can use Rose water to maintain the skin's pH balance and control excess oil. This easy-to-make rose toner helps with redness, dry skin, acne and more.

INGREDIENTS:

- 12 organic roses
- 1 liter moon water (made with distilled water)
- 1/4 cup of organic Witch Hazel liquid

METHOD:

- Rinse roses with room temperature water, and then pluck off all petals.
- Place all petals in a large strainer, and rinse well to get rid of any debris.
- Transfer petals to a large pot, pour in enough distilled water to cover them & add a lid.
- Bring the water to a simmer, stirring occasionally until you notice all the color is sapped out of the petals.
(Usually between 30-40 minutes).



Rose Water Toner

Recipe & Spell

- While stirring, watching & enjoying the smell of roses, close your eyes.
- Center yourself and speak your intention aloud:

*"From the bush and tree, let your magic break free
Fill this potion with healing, self-love, security, happy feelings.
Cleanse my skin, start from within, and wrap me up in lunar light
Heal my skin both day & night"*

- After the color is gone (the petals will turn almost- white or yellow in color), remove from heat and use a coffee filter or cheesecloth to strain the petals out.
- Let the Rosewater cool
- Put the rosewater in a jar and add the Witch Hazel as a preservative ingredient.

TO USE:

- Wash face with soap/cleanser, rinse well & pat dry.
- Squeeze a little rose water toner on a cotton ball or pad, rub all over your face and let air dry.



Rosemary *(Rosmarinus officinalis)*

A member of the mint family Lamiaceae, its name derives from Latin *ros marinus* ("dew of the sea").

Origin: South of France and Mediterranean regions.

Element: Fire

Gender: Masculine

Planet: Sun

Zodiac: Leo

Magical Properties

Purification: Rosemary is known for its cleansing and rejuvenating properties. Burn a few leaves before a spell to purify the circle. In France, rosemary was burned in hospitals to purify the air.

Memory and Dream Work: Rosemary is a popular herbal ingredient in spells for enhancing memory and even for dream work helping us remember dreams or past lives.

Medicinal Properties

Hair Growth: Rosemary essential oil stimulates hair growth when applied to the scalp. 5 drops of rosemary oil per ounce can be added to any hair care product.

Digestive Stimulation: The essential oil stimulates detoxification of the liver and regulates the release of bile. Drinking the tea will soothe indigestion, applying a topical cream will reduce cramping, and inhaling as a vapor eliminates nausea.

Contraindications: *If you are pregnant or breast feeding, it is best to avoid rosemary in amounts larger than food amounts. Do not take large amounts of undiluted oil. Do not take if allergic to aspirin. Rosemary might increase the risk of bleeding and bruising in people with bleeding disorders. Rosemary might make seizure disorders worse.*

Rosemary & Sandalwood

Focus Spray

INGREDIENTS:

1 X 100ML SPRAY BOTTLE

20 X DROPS ROSEMARY ESSENTIAL OIL

10 X SANDALWOOD ESSENTIAL OIL

3 X TABLESPOONS ORGANIC WITCH HAZEL LIQUID

1 X FILTERED SPRING WATER TO FILL BOTTLE

ADD ALL INGREDIENTS INTO BOTTLE & SHAKE WELL

SPRAY IN THE ROOM PRIOR TO MEDITATING OR TO
HELP YOU FOCUS ON WORK & BOOST CREATIVITY



Sage *(Salvia officinalis)*

Other names: Garden sage, Common sage, Culinary sage. Its name comes from the Latin "to heal".

Origin: Native to the Mediterranean and naturalized throughout Europe and North America.

Element: Air

Gender: Masculine

Planet: Jupiter

Zodiac: Gemini

Magical Properties

Protection: Purifying and cleansing the body or the ritual area with sage can be accomplished by using a smudging stick, boiling sage leaves on the stove, or diffusing the essential oil.

Healing Grief: Sage helps overcome grief by building up our emotional strength. At funerals, sage is often burned at the grave site or in the home to help with healing from the passing of a loved one.

Medicinal Properties

Oral Health: The antimicrobial effects of sage neutralize microbes that produce dental plaque. Oral bacteria known for causing cavities can be eliminated from the mouth by using a sage based mouthwash.

Lowering Cholesterol: Studies show that taking sage leaf extract as well as sage tea can reduce levels of bad cholesterol.

Contraindications: Avoid sage if taking medications for seizures. Do not take sage if you have diabetes as it can lower blood sugar levels. Avoid if taking any type of sedative. Do not take sage for long periods of time or in high doses. Do not take if pregnant or breast feeding. Avoid use if you suffer from a hormone sensitive condition. Consult a professional before taking sage if you suffer from high or low blood pressure.

Sage Cleansing Spray

INGREDIENTS:

1 X 100ML SPRAY BOTTLE

20 - 30 X DROPS PURE SAGE ESSENTIAL OIL

3 X TABLESPOONS ORGANIC WITCH HAZEL LIQUID

1 X FILTERED SPRING WATER TO TOP UP THE BOTTLE

ADD ALL INGREDIENTS INTO BOTTLE
& SHAKE WELL.

SPRAY AROUND YOUR HOME TO CLEAR NEGATIVE ENERGY &
UNWANTED SPIRITS. STAND YOUR GROUND WHILE CLEANSING &
FIRMLY TELL ANYTHING NEGATIVE TO LEAVE.

SPRAY AROUND EVERY ROOM INCLUDING EACH TOP CORNER OF THE
ROOMS, AROUND WINDOWS, AROUND DOORS, AND ANYWHERE THAT
SOMETHING COULD HIDE.

YOU CAN USE THIS TO SAGE YOURSELF TOO – ONCE A WEEK IS
RECOMMENDED.

KEEP IT IN YOUR PARANORMAL INVESTIGATION KIT.

St. John's Wort

(*Hypericum perforatum*)



Other names: Fuga Daemonum, Goatweed, Demon Chaser, Tipton Weed, Hardhay.

Origin: Europe, Western Asia, and North Africa, and through temperate areas of the world.

Element: Fire

Gender: Masculine

Planet: Sun

Zodiac: Leo

Magical Properties

Divination: Hanging St. John's wort over the bed was thought to divinely predict the person's longevity during Midsummer. The sprig that wilted the most overnight indicated the next in line to die.

Drive away evil spirits: Put it on your home altar and hang it for protection. It was traditionally burned in Midsummer fires to protect the community from misfortune. Also to defeat curses.

Medicinal Properties

Antidepressant: Using St. John's wort for anxiety and mild depression has fewer side effects and is just as potent as selective serotonin reuptake inhibitors. The herb helps the brain make more serotonin, dopamine and norepinephrine¹. These specifically improve mood.

Contraindications: St. John's Wort should only be taken for small periods of time ranging from three months to one year. The effects can take weeks to become apparent. It is not recommended for pregnant or breastfeeding women. Children between the ages of 6 and 17 should not take it for more than eight weeks. St. John's wort interacts with several medications. Consult your doctor before taking St. John's wort.

Healing Balm

INGREDIENTS:

CLEAN TINS WITH LIDS

1/4 X CUP CALENDULA INFUSED OIL

1/2 X CUP ST. JOHN'S WORT INFUSED OIL

1/4 X CUP COCONUT OIL

6 X TEASPOONS BEESWAX (OR SOY WAX)

1 X TEASPOON VITAMIN E OIL

METHOD:

- ADD WATER INTO THE BOTTOM POT OF YOUR DOUBLE BOILER
- POUR CALENDULA INFUSED OIL & ST. JOHN'S WORT INFUSED OIL INTO THE TOP POT, MAKE SURE THAT THE OIL HAS INDIRECT & EVEN HEAT TO PREVENT BURNING.
- BRING THE DOUBLE BOILER TO A LOW HEAT & ADD IN YOUR BEESWAX & COCONUT OIL - STIR THOROUGHLY.
- ONCE EVERYTHING HAS COMPLETELY MELTED - ADD IN THE VITAMIN E OIL & STIR AGAIN.
- REMOVE FROM THE HEAT AND POUR INTO YOUR TINS - DO NOT SEAL THEM.
- ALLOW BALM TO COOL FOR 4 HOURS THEN SEAL & LET IT SET OVERNIGHT.

USE ON DRY SKIN. ESPECIALLY GOOD FOR TREATING ECZEMA, PSORIASIS, RASHES, AND BUG BITES.

Witch Hazel *(Hamamelis)*



Native to the Americas, the name of this plant has its origins in the Old English *wice*, meaning "pliant" or "bendable", due to its bendy twigs.

Origin: It grows throughout northeast and southeast North America, as well as in Japan.

Element: Earth

Gender: Masculine

Planet: Saturn

Zodiac: Libra

Magical Properties

Dowsing: The forked branches of witch hazel can be used for receiving transmissions from hidden objects underground. Most often this type of divination is used to find ground water, but it can also be used to find gemstones, metals, gravesites, etc.

Medicinal Properties

Astringent: Used for various skin conditions, reduces swelling and itching. As a daily facial astringent, it reduces redness, puffiness, or shiny skin.

Bruises and Burns: Keep witch hazel extract in your herbal first aid kit for minor cuts and abrasions. It can help treat bruises, burns, sunburn, psoriasis, eczema, ingrown hairs and nails, blisters, cracked skin, insect bites, contact dermatitis, varicose veins and hemorrhoids.

Bug bites & Poison Ivy: Dabbing a cotton ball soaked in witch hazel on bee stings or mosquito bites helps to draw out the venom and reduce itching. A strong tea used as a wash can also help outbreaks of poison ivy.

Contraindications: Do a skin test to ensure you're not going to have an allergic reaction to witch hazel before using on your body.

How To Infuse Oils

- Sanitize Your Jars – Put in a pre-heated oven for 15 minutes at 360F.
- Add herbs to a double boiler.
- Add enough carrier oil to cover herbs - Almond, Jojoba, Extra Virgin Olive Oil, or Grapeseed.
- Gently heat oil up and slowly stir it constantly.
- Do not let it get too hot.
- Remove from heat and let it cool.
- Fill your airtight jar.
- Make sure the herbs are completely covered in oil.
- Seal tightly & add a label with the name and date.
- Store in a cool, dark place for 6-8 weeks.
- Shake very well once a week.
- Strain using a cheesecloth & use within 6 months.