

Restore the Core | Downy Mint Energetic Oil | Grounding, Re-Centering & Inner Restoration | Appalachian Plant Spirit by Old Spirits Wild Roots



SHORT DESCRIPTION

Wild-harvested Downy Mint energetic oil crafted for grounding, re-centering, inner restoration, and returning to yourself after periods of stress, depletion, or energetic overwhelm.



FULL DESCRIPTION



Restore the Core — Downy Mint
The Medicine of Returning
Old Spirits, Wild Roots | First Night Hollow

Restore the Core is an energetic plant working for the moments when you have given too much, carried too much, or simply wandered too far from your own center.

Crafted at First Night Hollow from wild Downy Mint, this oil carries the energy of restoration, grounding, renewal, and return.

Downy Mint grows close to the earth, quietly spreading through the landscape with a strength that does not need to announce itself. Its energy feels cooling yet steady — clearing what has become muddled while drawing scattered energy back toward the center.

This is not the energy of becoming someone new.

It is the energy of remembering who you were before the world pulled you in a hundred different directions.

Restore the Core works with the energetic principle of return: returning to your body, your center, your strength, and your own internal rhythm.

For those who have been stretched thin, emotionally scattered, energetically depleted, or disconnected from themselves, Downy Mint offers a simple message:

Come back.
Your center is still here.



Energetic & Spiritual Properties

- Re-Centering — Helps gather scattered energy and bring awareness back to your internal center
- Grounding — Encourages steadiness, presence, and a stronger sense of being anchored within yourself
- Energetic Restoration — Supports the feeling of replenishment after periods of stress, overextension, or emotional exhaustion
- Clearing Mental Clutter — Carries a fresh, clarifying energy for times when the mind feels overloaded or pulled in too many directions
- Returning to Self — Supports reconnection with your own needs, instincts, boundaries, and inner rhythm
- Quiet Resilience — Encourages restoration without force — rebuilding from the center outward



Use In:

- ✨ Morning rituals for grounding before entering a demanding day
- ✨ Re-centering practices after stressful or emotionally draining experiences
- ✨ Meditation, journaling, or quiet reflection
- ✨ Energetic reset rituals after giving too much of yourself to others
- ✨ Intentional work around boundaries, restoration, and returning to self
- ✨ Evening rituals when you need to release the energy of the day and come home to yourself



Ingredients

Wild-harvested Downy Mint from First Night Hollow

Infused in cold-pressed organic jojoba oil under intentional solar cycles

Handcrafted in small batches.

FOR EXTERNAL USE ONLY. Patch test before skin application. Discontinue use if irritation occurs. Not for internal use. No synthetic fragrance, preservatives, or fillers — only living plant spirit, mineral intelligence, and the energetic wisdom of the hollow.



Affirmation

"I call my energy home. I return to my center, rooted in myself, restored in my strength."