

Bath Oils

Contributed by Ocean Harmony

Taken from <http://www.witchs-brew.com/shadows/bathbody.html>

Generally speaking, there shouldn't be more than ten drops of essential oil per half-cup of bath salts.

Use only genuine essential oils!

The Recipes

AIR BATH (Elemental)

COLOR: Yellow

3 parts Lavender

2 parts Rosemary

1 part each Peppermint

Bergamont Mint Bouquet

Use to attune with the powers of Air, for divination, aiding the memory, concentration, clear thinking, visualization and study.

CELIBACY BATH

COLOR: White

4 parts Lavender

2 parts Camphor

Add to a tub of tepid water - not hot. Bathe in this blend when you wish to cool down.

CIRCLE BATH

COLOR: Purple

3 parts Rosemary

2 parts Myrrh

2 parts Sandalwood

1 part Frankincense

Bathe in before any form of magickal working to strengthen, purify and prepare yourself for ritual.

EARTH BATH (Elemental)

COLOR: Green

4 parts Patchouli

3 parts Cypress

1 part Vetivert

Use in attuning with the Earth, or for spells involving money, foundation, stability, creativity, fertility, ecology and so on.

EXORCISM BATH

COLOR: White

3 Parts Frankincense

3 Parts Sandalwood

2 Parts Rosemary

1 drop clove oil

Bathe in this mixture for a heavy psychic cleansing. Splash fresh water over your body after the bath.

NOTE: Do not use more than one drop clove oil (may irritate)

FIRE BATH (Elemental)

COLOR: Red

3 parts Frankincense

2 parts Basil

2 parts Juniper

1/2 part Orange

For use in attuning with the element of Fire, or for rituals involving strength, courage, passion, lust and so on.

FLOWERY LOVE BATH

COLOR: Pink

3 parts Palmarosa

2 Parts Lavender

1 drop Rose (more may be added)

Bathe in this mixture to attract love and to expand your ability to give and receive love.

HEALING BATH

COLOR: Dark Blue

3 parts Niaouli

2 parts Eucalyptus

1 part Sandalwood

For use in speeding healing. Release the ailment into the water. Splash fresh water over your body before toweling.

HIGH AWARENESS BATH

COLOR: Purple

3 parts Cedarwood

2 Parts Sandalwood

1 part Frankincense

Bathe in this mixture to direct your consciousness toward higher things, to promote spirituality & to combat earth—obsessions such as uncontrolled spending, overeating, sluggishness & all forms of unbalanced materialism.



LOVE BATH

COLOR: Pink

3 parts Rosemary
2 parts Lavender
1 part Cardamon
1 part Yarrow

For promoting and attracting love. Use with visualization, as with all of these formulas.

LUST BATH

COLOR: Red

3 parts Sandalwood
2 parts Patchouly
1 part Cardamon

For promoting lustful desires.

PROTECTION BATH

COLOR: White

3 Parts Rosemary
2 parts Frankincense
1 part Lavender

Bathe in this mixture daily to strengthen your psychic armor and to stave off all manner of attacks - physical, mental, spiritual, psychic and emotional.

PSYCHIC BATH

COLOR: Light Blue

4 parts Yarrow
1 part bay

Use this blend in baths to strengthen your psychic awareness

PURIFICATION BATH

3 Parts Geranium
2 parts rosemary
1 part Frankincense

Bathe in this blend to purify body, spirit & soul.

SEA WITCH BATH

COLOR: Dark Blue

3 parts Lotus Bouquet
2 parts Lavender
1 part Rosemary

Add a bit of Sea Salt to the salt base. Bathe for a gentle purification prior to magical works

SPIRITUAL BATH

COLOR: Purple

4 parts Sandalwood
2 parts Myrrh
1 part frankincense
1 drop Cinnamon

Use to increase your awareness of the Divine, especially before religious rituals.

WATER BATH (Elemental)

COLOR: Dark Blue

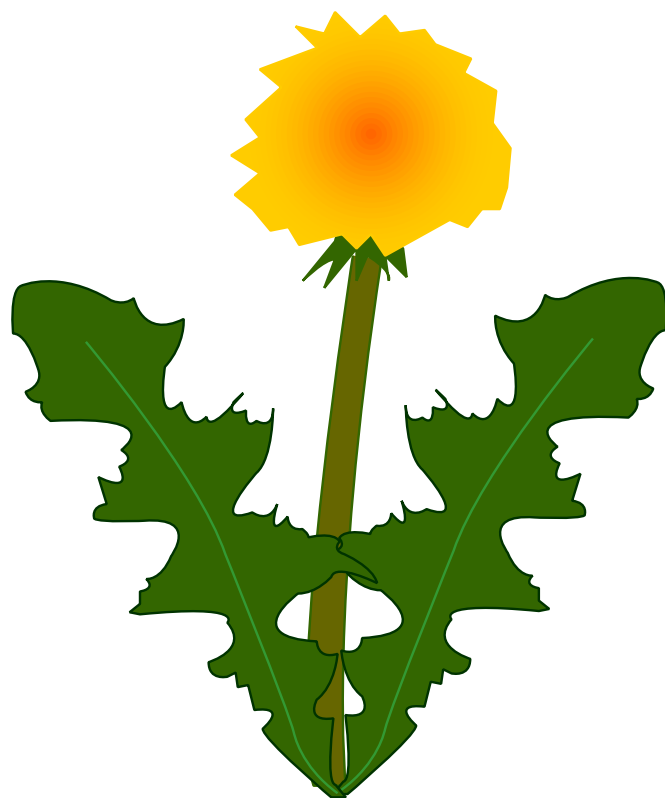
2 parts Camomile
2 parts Yarrow
1 part Ylang-Ylang
1 part Palmarosa

Use for attuning with the element of Water, or for love, psychic awareness, friendships, healing and so on.

WATER BATH 2

COLOR: Dark Blue

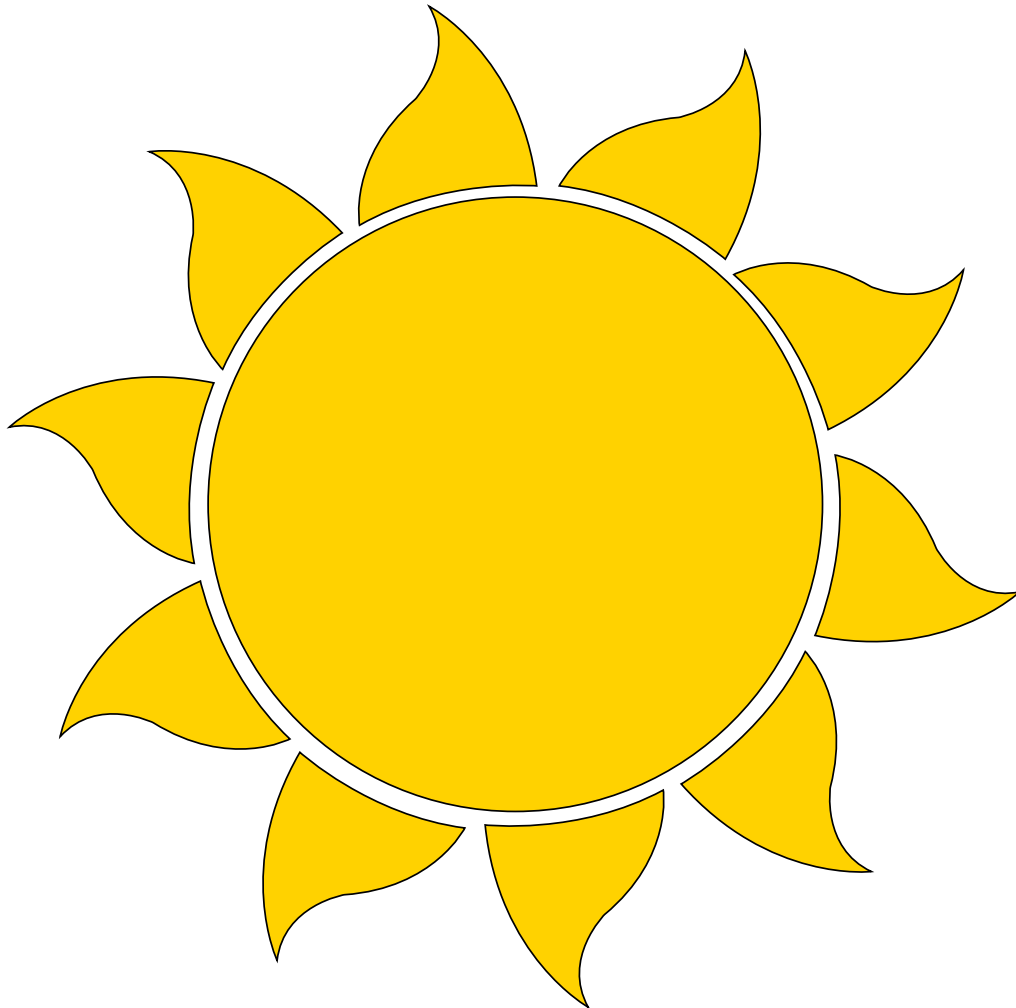
2 Parts Palmarosa
1 part Myrrh
1 part Geranium
Same as above.



Fragrant Herb Potpourri

Contributed by Diane

In a large decorative china bowl blend leaves of any or all of the following dried herbs and flowers in equal parts: lemon verbena, lemon balm, sage, basil, rosemary, peppermint, red bergamot, hyssop, sweet cicely, lemon thyme and rose geranium. Add a handful of cloves, 1 or 2 cinnamon sticks broken into lengths, 1 tablespoon of ground orris root and some crushed bay leaves. Next grate 2 or 3 tablespoons of fresh citrus rind and add that. Mix well and top with some dried rosebuds, rose petals, and cornflowers. Add wheat ears and poppy heads for a Harvest Thanksgiving look.



Incense and oils

Contributed by Ocean Harmony

House Purification Incense

1 tbsp pine needles

1 tbsp juniper

1 tbsp cedar

Make sure all ingredients are completely dry, grind in mortar, mix and burn on self igniting charcoal

Psychic Portal Incense

1 tsp lavender blossoms

1 tsp cinnamon

1/4 tsp sage

Make sure all ingredients are completely dry, grind in mortar, mix and burn on self igniting charcoal to help open the psychic centers.

Divination Incense

1 part patchouli

1 part cinnamon

1 part juniper

1 part sandalwood

A few drops of clove oil

Mix all herbs in a non-metal bowl. Add clove oil and mix again. Allow mixture to dry and burn on self-igniting charcoal.

Candle Oil for Love

1/4 tbsp rose oil

1/2 tbsp honeysuckle oil

1 1/2 tbsp almond oil

1 1/2 tsp musk oil

1-2 drops benzoin tincture

Mix all ingredients in a non-metal container. Use to dress candles, or as a scented oil in a oil heater. Store oil in an airtight container.

Prosperity Potpourri

3 cups water

4 tbsp cardamom seeds

2 tbsp whole cloves

2 cinnamon sticks

3 nutmeg berries

1 tsp ginger

Simmer ingredients together on the stovetop or in a potpourri pot.

Many of the recipes above have come from Llewellyn's Witches Calendar for 1998. This is a wonderful resource as well as a beautiful calendar. Buy your own at your local pagan or new age shop or order from: New Worlds of Mind and Spirit Llewellyn Worldwide P.O. Box 64383, Dept. SK-938 St. Paul, MN 55164-0383

Essential Oil Mixtures

Contributed by Ocean Harmony

Taken from <http://www.witchs-brew.com/shadows/oilbody.html>

AIR OIL (elemental)

5 drops Lavender
3 drops Sandalwood
1 drop Neroli

Wear to invoke the powers of Air & to promote clear thinking, for travel spells 7 to overcome addictions.

AIR OIL 2 (elemental)

3 drops Benzoin
12 drops Lavender
9 drops Lily of the Valley

Air is the sphere of the intellect, reason, new beginnings & change.

ALTAR OIL

4 drops Frankincense
2 drops Myrrh
1 drop Cedar

Anoint the altar with this oil at regular intervals, calling your deity/ies to watch over it.

ALTAR OIL 2

4 Parts Frankincense
3 parts Myrrh
1 part Galangal
1 Part Vervain
1 part Ambergris

ANOINTING OIL

5 drops Sandalwood
3 drops Cedarwood
1 drop Orange
1 drop Lemon

Use for general ritual anointing purposes.

ANOINTING OIL 2

5 drops Myrrh
2 drops Cinnamon

APHRODITE OIL

5 Drops Cypress
2 drops Cinnamon

a small piece of dried Orris root

Add the true essential oils & the orris root to an olive oil base. Anoint your body to bring a love into your life.

AQUARIUS OIL

5 drops Lavender
1 drop Cypress
1 drop Patchouly

Wear as a personal oil to increase your own powers.

ARIES OIL

3 drops Frankincense
1 drop Ginger
1 drops Black pepper
1 drop Petitgrain

Wear as a personal oil to increase your own powers.

ASTRAL TRAVEL OIL

5 drops Sandalwood
1 drop Ylang-ylang
1 drop Cinnamon

Add these to the base oil as usual & mix.

Anoint the stomach, wrists, back of the neck & forehead. Lie down & visualize yourself astrally projecting.

BUSINESS SUCCESS OIL

3 parts Bergamot Mint bouquet
1 part basil
1 part Patchouly
1 pinch ground cinnamon

Mix the oils & add the pinch of Cinnamon to the base oil. Anoint the hands, cash register, business card or the front door of the place of business to increase cash flow.

CANCER OIL (MOONCHILDREN)

4 drops Palmarosa
1 drop Camomile
1 drop yarrow

Wear as a personal oil to increase your own powers.

CAPRICORN OIL

3 drops Vetivert
2 drops Cypress
1 drops Patchouly

Wear as a personal oil to increase your own powers.



COME & SEE ME OIL

5 drops Patchouly

1 drop Cinnamon

To attract the ideal mate, mix these true essential oils in an olive oil base, smear on a white image candle of the appropriate sex and burn with visualization.

COURAGE OIL

3 drops Ginger

1 drop Black Pepper

1 drop clove

Wear to increase your courage, especially before being introduced to people, prior to public speaking, & other nerve-wracking situations.

DEMETER OIL

3 drops Myrrh

2 drops Vetivert

1 drop Oakmoss Bouquet

Anoint to attract money & for the successful completion of your protections & dreams. Also wear when planting, tending, harvesting or working with herbs & plants to ensure a fruitful yield. Help us tune in with the energies of the Earth.

EARTH OIL (Elemental)

4 drops Patchouly

4 drops Cypress

Wear to invoke the powers of the Earth to bring money, prosperity, abundance, stability & foundation.

EARTH OIL 2 (elemental)

1 drop Patchouly

2 drops Pine

13 drops Magnolia

10 drops honeysuckle

Earth is the realm of a fertility, wealth, abundance & stability.

ENERGY OIL

4 drops Orange

2 drops Lime

1 drop Cardamom

Wear when feeling depleted, when ill, or just to strengthen your own energy reserves.

Especially useful after heavy magickal ritual to recharge your bodily batteries.

FIRE OIL (elemental)

3 drops Ginger

2 drops Rosemary

1 drop Clove

1 drop Petitgrain

Wear to invoke the powers of Fire, such as energy, courage, strength, love, passion & so on.

FIRE OIL 2 (elemental)

3 drops Cinnamon

12 drops Orange

2 drops Clove

7 drops Nutmeg

Fire is associated with Transformation, passion, leadership & personal success.

FULL MOON OIL

3 Parts Rose

1 Part jasmine

1 Part Sandalwood

FULL MOON OIL 2

3 Parts Sandalwood

2 parts Lemon

1 Part Rose

GEMINI OIL

4 drops Lavender

1 drop Peppermint

1 drop Lemongrass

1 drop Sweet Pea Bouquet

Wear as a personal oil to increase your own powers.

GODDESS OIL

1/2 tsp dried yarrow

1/2 tsp dried sweet basil

1 tsp powdered myrrh

3 drops rose oil

3 drops lavender oil

1/2 cup olive oil

Place all ingredients in a clear glass jar & gently swirl in a clockwise direction. Keep in mind images of the Goddess & visualize Her divine power as an aura of white glowing light radiating from your hands into the jar of oil, charging it with magickal energy.



GODDESS OIL 2

2 Parts Rose
2 Parts Tuberose
1 Part Lemon
1 Part Palmarosa
1 Part Ambergris

GOOD LUCK OIL

1 tbsp dried wormwood
3 tsp ground nutmeg
1/2 tsp powdered mandrake root
13 drops Pine oil
1/4 cup olive oil
Allow to sit for 13 nights.

HEALING OIL

4 drops Rosemary
2 drops Juniper
1 drop Sandalwood
Wear to speed healing.

HEALING OIL 2

3 drops Eucalyptus
1 drop Niaouli
1 drop Palmarosa
1 drop Spearmint

HECATE OIL

3 drops Myrrh
2 drops Cypress
1 drop Patchouly
1 dried Mint leaf

Mix the essential oils in a base of sesame oil. Add the dried mint leaf to the blend. Wear during rituals of defensive magick. Also wear during the waning moon in honor of Hecate, Goddess of the fading crescent.

HOODOO OIL

1/4 cup Sunflower oil
3 tbsp Honey
3 dried pumpkin seeds
6 drops honeysuckle oil
3 drops rose oil
3 drops Patchouly oil

When the Moon is full, crush the pumpkin seeds using a mortar & pestle, & then mix all of the ingredients together by the light of a new white candle. Using a sterilized silver pin, prick your right thumb & add 3 drops of your blood to the mixture. Spit twice into the mixture & stir thrice. Store.

HORNED GOD OIL

2 Parts Frankincense
2 Parts cinnamon
1 part Bay
1 Part Rosemary
1 Part Musk

INITIATION OIL

3 drops Frankincense
3 drops Myrrh
1 drop Sandalwood

Use for mystic initiation ceremonies & also to increase your awareness of the spiritual realm.

INTERVIEW OIL

4 drops Ylang-Ylang
3 drops Lavender
1 drop Rose

Wear to interviews of all kinds to calm you. Helps make a favorable impression.

JUPITER OIL (Planetary)

3 drops Oakmoss Bouquet
1 drop Clove
1 drop Tonka bouquet

Wear for wealth, prosperity, help in legal matters & all other Jupiterian influences.

LEO OIL

3 drops Petitgrain
1 drop Orange
1 drop Lime

Wear as a personal oil to increase your own powers.

LIBRA OIL

4 drops Rose Geranium
2 drops Ylang-ylang
2 drops Palmarosa -or-
1 drop Rose absolute or otto
1 drop Cardamom

Wear as a personal oil to increase your own powers.

LOVE OIL

7 drops Palmarosa
5 drops Ylang-ylang
1 drop Ginger
2 drops Rosemary
1 drop Cardamom

Wear to draw love. Anoint pink candles & burn while visualizing.

LUNAR OIL

4 parts Sandalwood
2 parts Camphor
1 part Lemon

Wear to invoke the Goddess within.

MARS OIL (Planetary)

2 drops Ginger
2 drops Basil
1 drop Black Pepper

Wear for physical power, lust, magickal energy & all martian influences.

MERCURY OIL (Planetary)

4 drops Lavender
2 drops Eucalyptus
1 drop Peppermint

Wear to draw Mercurial influences such as communication, intelligence, travel & so on.

MONEY FAST OIL

7 drops Patchouly
5 drops Cedarwood
4 drops Vetivert
2 drops Ginger

Wear, rub on the hands, or anoint green candles to bring money. Also anoint money before spending to ensure it's return.

MONEY FAST OIL 2

4 drops Basil
2 drops Ginger
1 drop Tonka Bouquet

MOON OIL

1 drop Jasmine
1 drop Sandalwood

Wear to induce psychic dreams, to speed healing, to facilitate sleep, to increase fertility & for all other Lunar influences. Also wear at the time of the Full Moon to attune with its vibrations.

PAN OIL

3 drops Patchouly
2 drops Juniper
1 drop Pine
1 drop Oakmoss Bouquet
1 drop Cedarwood

Wear to be infused with the spirit of Pan. Ideal for magickal or ritual dancing, music making, singing & so on. Also for attuning with the Earth.

PEACE OIL

3 drops Ylang-ylang
3 drops Lavender
2 drops Camomile
1 drop Rose absolute otto

Wear when nervous or upset to calm you down. Stand before a mirror, and while looking in your eyes, anoint your body.

PISCES OIL

3 drops Ylang-ylang
3 drops Sandalwood
1 drop Jasmine

Wear as a personal oil to increase your own powers.

POWER OIL

4 drops Orange
1 drop Ginger
1 drop Pine

To infuse yourself with additional power during potent rituals, anoint with power oil.

PROTECTION OIL

5 drops Petitgrain
5 drops Black Pepper

Wear for protection against all kinds of attacks. Also anoint the windows, doors & other parts of the house to guard it.

PROTECTION OIL 2

4 drops Basil
3 drops geranium
2 drops Pine
1 drop Vetivert

PSYCHIC OIL

5 drops Lemongrass
1 drop Yarrow

Wear to increase psychic powers, especially when working with rune stones, quartz crystal spheres & other such tools.

PURIFICATION OIL

4 drops Frankincense
3 drops Myrrh
1 drop Sandalwood

Add to the bath or wear to be rid of negativity.

PURIFICATION OIL 2

4 drops Eucalyptus
2 drops Camphor
1 drop Lemon

PURIFICATION (CITRUS) OIL

3 drops Orange

2 drops Lemongrass

2 drops Lemon

1 drop Lime

Anoint white candles & burn in the home to purify it.

SABBAT OIL

3 drops Frankincense

2 drops Myrrh

2 drops Sandalwood

1 drop Orange

1 drop Lemon

Add to an olive oil base & wear to Wiccan Sabbats.

SABBAT OIL 2

2 Parts Frankincense

1 Part Myrrh

1 Part Allspice

1 drop clove

SABBAT OIL 3

2 drops Pine

1 drop Ginger

1 drop Cinnamon

1 drop Sandalwood

SABBAT OIL 4

1 tsp Frankincense, powdered

1 tsp Myrrh, powdered

1 tsp Benzoin, powdered

Add to 1/4 cup olive oil. Heat slowly over a live flame until the gums have melted into the oil.

Cool & apply sparingly as you would for the Wiccan Sabbats.

SABBAT OIL 5

3 Parts Patchouly

2 Parts Musk

1 Part Cinnamon

SACRED OIL

3 drops Frankincense

2 drops Sandalwood

1 drop Cinnamon

Anoint your body prior to religious rituals to stimulate spirituality. Also anoint others during mystical & religious group rites.

SAGITTARIUS OIL

4 drops Rosemary

2 drops Oakmoss Bouquet

1 drop Clove

Wear as a personal oil to increase your own powers.

SATURN OIL (Planetary)

4 drops Cypress

2 drops Patchouly

1 drop Myrrh

Wear to break negative habits, when looking for a house, to create an aura of mystery around you, when going antiquing to find bargains, or for any Saturnian type rituals.

SCORPIO OIL

3 drops Pine

2 drops Cardamom

1 drop Black Pepper

Wear as a personal oil to increase your own powers.

SEXUAL ENERGY OIL

2 drops Ginger

2 drops Patchouly

1 drop Cardamom

1 drop Sandalwood

Wear to attract sexual partners.

SLEEP OIL

2 drops Rose

1 drop Mace

Anoint the temples, neck, pulse of both wrists, soles of the feet. It brings on natural sleep.

SLEEP OIL 2

2 drops rose

1 drop jasmine

1 drop Camomile

Use as above.

SPIRIT OIL

1 tbsp pwd orris or serpentaria rt

1 tbsp dried Solomon's Seal

1 tbsp dried & crushed rosemary

pinch of pwd Jade or Turquoise

3 drops Sandalwood oil

3 drops Mint oil

1/4 cup Safflower Oil

SPIRIT OIL (elemental)

8 drops Sandalwood

8 drops Violet

5 drops Crocus

5 drops Gardenia

Spirit unifies all the other elements & is part of each of them. The realm of the Divine, of spirituality & of the unseen worlds & their many inhabitants.

SUN OIL

4 drops Frankincense

2 drops Cinnamon

1 drop Petitgrain

1 drop Rosemary

For healing, vitality, strength, promotions, & all solar influences.

SUN OIL 2

1 tsp Cinnamon - ground

1 tsp Juniper berries - mashed

1 Bay leaf, crumpled

scant pinch of genuine Saffron

Gently heat over low flame in 1/4 cup base oil.

Strain & use for above purposes.

TAURUS OIL

4 drops Oakmoss Bouquet

2 drops Cardamom

1 drop Ylang-Ylang

Wear as a personal oil to increase your powers.

TEMPLE OIL

4 drops Frankincense

2 drops Rosemary

1 Drop Bay

1 drop Sandalwood

Wear during religious rites, those designed to promote spirituality, "temple workings," & so on.

VENUS OIL (Planetary)

3 drops Ylang-Ylang

2 drops Geranium

1 drop Cardamom

1 drop Chamomile

Wear to attract love & friendships, to promote beauty & for other Venusian influences.

VIRGO OIL

4 drops Oakmoss Bouquet

2 drops Patchouly

1 drop Cypress

Wear as a personal oil to increase your powers.

VISIONS OIL

4 drops Lemongrass

2 drops Bay

1 drop Nutmeg

Anoint the forehead to produce psychic awareness.

WATER OIL (elemental)

3 drops Palmarosa

2 drops Ylang-ylang

1 drop Jasmine

Wear to promote love, healing, psychic awareness, purification & so on.

WATER OIL 2 (elemental)

12 drops Sweet Pea

4 drops Jasmine

7 drops Camellia

4 drops Lotus

Water is the realm of hidden mysteries, psychic senses & peace.

WEALTH OIL

4 drops Tonka Bouquet

1 drop Vetivert

Wear to attract wealth in all forms. Also anoint candles & burn while visualizing.



SOOTHING SMELLS FOR ALL THAT AILS

Mother Earth News Oct/Nov 1998

It takes 30 roses to produce just one drop of pure rose essence. Because of their high concentrations, essential oils are extremely potent and can dry or irritate the skin if used alone, and so should always be diluted before being applied.

For massage, essential oils are diluted in a carrier oil to produce what is known as a 'personal blend'. Choose a carrier oil that suits your skin type and special needs. All-purpose carrier oils include apricot kernel oil and sweet almond oil (good for sensitive skin), soy oil and grapeseed oil (good for oily skin), and sunflower oil.

Add the following special carrier oils to the all-purpose ones to make longer-lasting, more absorbent blends that are suitable for treating dry dehydrated skin: carrot oil (add only 10% to all-purpose carrier oil, since this stuff is not only pricey, but the orange color can temporarily stain the skin); sesame oil (use only the oil from uncooked seed); or avocado oil (rich in vitamins A and B, this excellent skin softener is good for dry chapped skin). Jojoba, which is not an oil but a wax, can be added to the blend to lengthen its shelf life.

MASSAGE OIL BLENDS

To ease stress, mix:

2 drops bergamot (bergaptene-free)

2 drops clary sage

3 drops lavender

1/2 ounce carrier oil

Massage: full body

For coughs and colds, mix:

2 drops eucalyptus

2 drops frankincense

2 drops roman chamomile

1/2 ounce carrier oil

Massage: chest and back

For PMS and menstrual cramps, mix:

2 drops clary sage

2 drops geranium

2 drops sage

1/2 ounce carrier oil

Massage: abdomen

For muscle fatigue, mix:

3 drops rosemary

2 drops sweet marjoram

1/2 ounce carrier oil

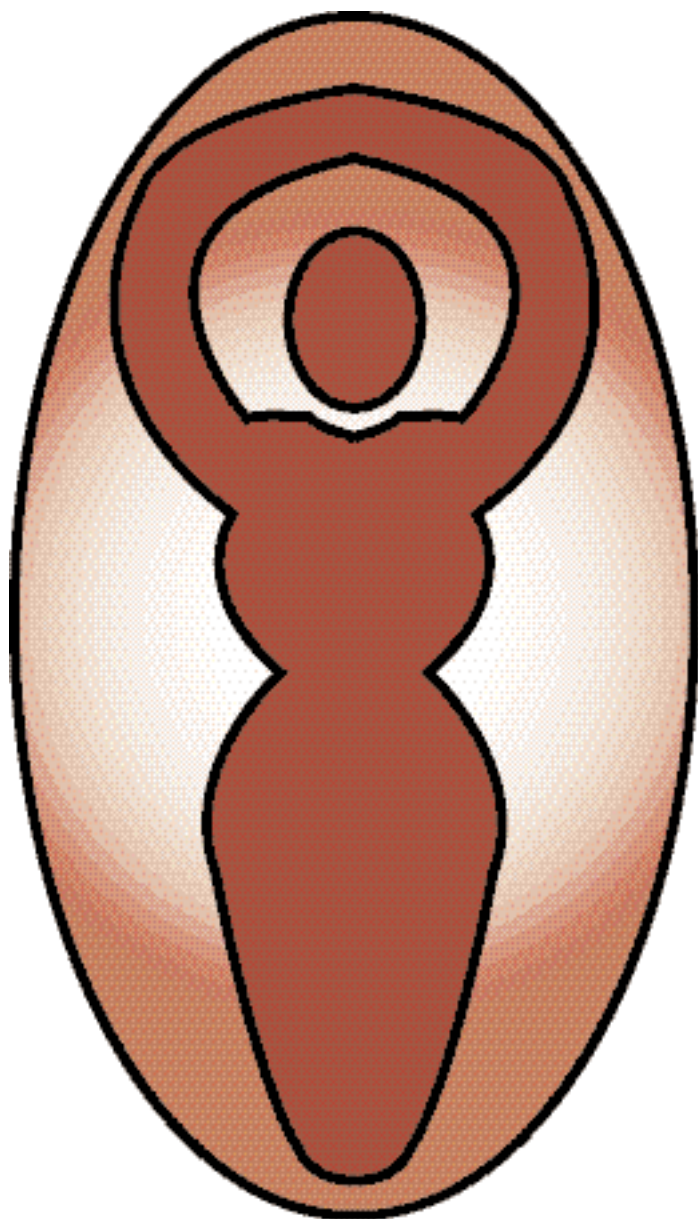
Massage affected area.

For constipation, mix:

4 drops cardamom

1/2 ounce carrier oil

Massage: abdomen clockwise



Invigorating bath:

- 3 drops ginger
- 3 drops rosemary
- 2 drops juniper berry
- 1 cup whole milk

Draw a warm bath and climb in. Add the milk, followed by the oils, stir and enjoy. Note: this bath is recommended for the morning, not the evening.

Foot Soak:

For tired feet:

- 8 cups lukewarm water in foot bath
- 4 drops peppermint
- 1 cup whole milk

Compress

For headaches:

- 1 drop sweet marjoram
- 1 drop peppermint
- 2 drops lavender
- cold compress (wet washcloth or towel)

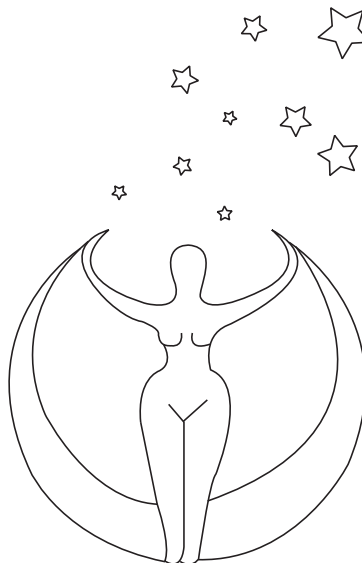
Keep eyes closed and put compress over forehead and eyes.

Steam Inhalation

For coughs and colds:

- 4 cups boiling water
- 2 drops ravensara
- 1 drop frankincense

Add oils to boiling water in a bowl. Drape a towel over your head, close your eyes, and lower your face toward the bowl. The towel shouldn't touch the water but should touch the edges of the bowl, trapping the steam so that you get the full benefit of the fumes rising from the boiling water. Breathe the essential oil-laced fumes for about ten minutes. Repeat the procedure later in the day.



Bath Time!

Allergy/cold/flu bath

5 drops eucalyptus

5 drops peppermint

4 drops lavender

*If chest is congested add 7 drops thyme

Use in bath, diffuser or humidifier.

Dreamland bath blend for better sleep

2 drops roman chamomile

4 drops lavender

5 drops geranium

3 drops sandalwood

Add half this blend to a bath or the whole blend with 2oz. Sweet almond oil.

Soothing Bath oil

1 oz. Turkey red oil

4 drops lavender

6 drops tangerine

2 drops marjoram

Add half of blend to bath.

Water retention bath

6 drops each of

geranium

juniper

cypress

Remember to read EO CAUTIONS on these oils.

Relaxing Bath Oil

1 TB sweet almond carrier oil

2 drops german chamomile

3 drops lavender

2 drops patchouli

Mix oils then add to carrier oil before pouring into running water. Stirwater before getting in.

Self confidence bath

4 drops ylang ylang

4 drops marjoram

3 drops jasmine

Mental confusion bath

6 drops each of

Melissa

lemon

4 drops bergamot

2 drops each of

lemongrass

lavender

Add to bath and soak 15 minutes.

Mental confusion 2

4 drops rosewood

4 drops patchouli

Add to bath and soak 15 minutes.

Kidney/urinary tract bath

5 drops bergamot

5 drops lavender

Add to lukewarm water. Squat and splash onto urethra area. Then soak 15 minutes.

Bath Mush

1/4 c. each of

aloe gel

honey

sea or rock salt

powdered milk

2 tsp. Jojoba oil

5 drops of ylang ylang EO

Stir well... before and in bath.

Lemon/Ylang bath

2 TB sea salt

1 TB soda

1 * tsp borax

4 drops ylang ylang

6 drops lemon

Mix first 3 ingredients then add EO's.

For a more balancing blend add a few drops of lavender.

Gentle clarifying winter bath

3 drops juniper berry

5 drops lavender

Add to bath and mix well.

*For romance add rose.

Soak worries away bath

2 TB sea salt

1 TB soda

1 * tsp. Borax

5 drops lavender

5 drops rosewood

Mix first 3 ingredients then add EO's.

For a more relaxing soak add roman chamomile, sandalwood or patchouli.

Jasmine and Rose bath herbs

1 oz. Rose buds (whole or cut)

* oz. Each of

whole jasmine flower

whole heather flower

5 drops each

Patchouli

Rose absolute

7 drops jasmine

Mix dry ingredients in large jar. Once mixed add the oils, mixed in a tsp. Of carrier oil and pour over herbs. Shake hard! Sit for 24 hours.

Put in muslin bag and toss in bath.

Rise and shine bath

2 drops bergamot

3 drops orange

3 drops lemon

1 drop peppermint

Mix well and add to bath.

Stimulating bath

4 drops peppermint

Add to bath and soak for 20 minutes.

Sleep well bath

4 drops chamomile

2 drops each of

lavender

marjoram

sandalwood

Ahhh bath

1 drop lavender

2 drops each of

geranium

ylang ylang

patchouli

Slimming bath

3 drops petitgrain

2 drops grapefruit

2 drops lavender

Relaxing bath

4 drops chamomile

3 drops lavender

3 drops ylang ylang

Rejuvenating bath

4 drops lavender

3 drops peppermint

Bath for sunburn

8-10 drops of lavender

* cup apple cider vinegar

1/4 cup castor oil

Reviving herbal bath

1 tsp each of

dried basil

eucalyptus

peppermint

Put in a muslin bag and tie around tap with water running.

Relaxing blend

2 drops each of

clary sage

ylang ylang

Extremely relaxing (sleep inducing blend)

10 drops lavender

5 drops marjoram

2 drops ylang ylang

Before bed blend

4 drops ylang ylang

10 drops lavender

3 drops petit grain

Toning bath for muscles and skin

4 drops lemongrass

4 drops lavender

1 drop juniper

Bath for tension

5 drops lavender
5 drops tangerine
3 drops geranium
3 drops chamomile

Exotic bath

10 drops sandalwood
5 drops orange

Purifying bath

2 drops lemon
3 drops peppermint
5 drops juniper
Can add to sea salt if you wish...1/2 c. Salt and
1/4 c. Borax

Antibacterial bath

3 drops tea tree
2 drops eucalyptus
2 drops thyme
1 drop lemon
2 drops manuka

Dry Skin bath

4 drops chamomile
4 drops geranium
2 drops patchouli

Antiviral bath

3 drops each
tea tree
eucalyptus
lavender
1 drop thyme

Deoderising bath

4 drops lavender
2 drops each
eucalyptus
tea tree
peppermint

Relaxing bath

6 drops lavender
2 drops mandarin
1 drop marjoram
*This is also good as a calming massage oil...
add to 1 oz. Base oil.

Rejuvenating bath

* c. Bath salt or 1 oz. Base oil
6 drops grapefruit
4 drops lemon
2 drops peppermint

Optimism bath

2 drops neroli
8 drops grapefruit
Can also use this in a diffuser.

Milk bath

1 c. Powdered milk
2-3 drops lavender

Refreshing citrus bath

1 tsp. Dried comfrey
1 tsp. Dried alfalfa
1 tsp dried parsley
fresh lemon peel
fresh orange peel
Put above into muslin bag. Tie under tap and
let water flow through. After tub is filled put bag
in water and steep.

Favorite perfume bath

Combine a few drops of your favorite perfume
with 1 or 2 TB bath oil or unscented baby oil.

Reviving bath oil

4 TB almond oil
2 drops each of rosemary (not for those with
high blood pressure or epilepsy)
bergamot
lavender
eucalyptus
1 TB vodka
Mix above in tightly sealed jar and shake well
every day for 1 week. Add 1 tsp to bath.

Bath for sunburn or dry skin

1 c. Of either apple cider vinegar or wine
vinegar

Reviving herbal bath

1 tsp each of
dried basil
eucalyptus
peppermint
Tie to tap and let water flow through.

Bath salts

1/4 c. Epsom

1/8 c. Soda

1/8 c. Sea salt

10 drops EO of your choice

Mix salts. Add 5 drops of EO and mix. Add rest of EO's. Store in airtight container. Use 1/4 to * c. in bath.

Sea salts bath

2 c. Sea salt

2 tsp. Glycerin

15-20 drops essential oils

pigment for coloring

Put the salt in a large ziplock bag. Add the glycerine and knead the bag. Add essential oils and knead again to disperse. Fill in glass jars and label.

*Use 2 TB or a palm full in hot water.

Citrus bath salt

2 c. Sea salt

1/4 tsp. Glycerin

1/8 tsp. Pigment diluted in 1 tsp. Water

5 drops each of

lemon

bergamot

sweet orange

Mix well after each addition. Place on paper plate to dry. When dry store in airtight container.

Orange sea salt

1 c. Sea salt

1 c. Baking soda

15 drops sweet orange

Big batch of sea salt

4 lb. Box epsom

1 lb. Baking soda

2-3 TB cornstarch (prevents caking)

your choice of fragrance oil

Another big batch of sea salts

5 lbs. Sea salt

1 oz. Vegetable glycerin

* oz. Fragrance oil or essential oil

pigment

Combine glycerin with scent and pigment. Pour into salt and mix. Scoop out with sea shells.

Herbal Bath Bag

2 TB dried chamomile

2 TB dried rose petals

2 TB dried orange blossoms

1 coffee filter (large)

8*8 inch piece of lace fabric (if giving as gift)

ribbon Combine the herbs in a bowl, stirring until well mixed. Spoon mixture into coffee filter and secure closed with embroidery thread or ribbon. Place filter in the center of the lace.

Gather together the edges and secure by typing and knotting the ribbon around it. Tie the ends of ribbon in another knot at the top so that the ribbon forms a large loop that can be hung from the bathtub water spout. To use, hang the bag from the water spout and let it steep in warm bath water.

Chamomile Herb Bath

1 TB each of

dried chamomile

lavender leaves

mint

cheesecloth or muslin

Place herbs in cloth. Hang from tap and when tub is full put in water.

Lavender Bath Bag

1/4 c. Lavender buds

cheesecloth or muslin

Fill bag with lavender and place bag in bath.

Anise Bath

1/4 c. Each of

jasmine tea

anise seeds

rose petals

mint leaves

2 C. Boiling water

Place into bath sachets and steep in boiling water for 10-15 minutes. Add to bath water.

Basic Bubble Bath

1 quart water

1 bar castille soap, shredded

2 oz. Glycerin

3 drops fragrance oil

Add castille soap to warm water. Mix until you have a liquid solution. Add glycerin and mix.

Add fragrance.

Flying Ointments

Contributed by Tir-Na Nog

I have run across a few recipes in my readings, don't know if they work or not, but would ask you to reconsider trying any of these ointments. I make no guarantees they'll make you "fly", but I *can* guarantee that some of the ingredients are lethal and could easily *KILL* you. "I'll have what the bleeding lump on the floor was drinking." I agree! There are a few recipes available that are lethal. But, here are 2 recipes that aren't:

1 part Dittany of Crete
1 part Cinquefoil
1 part Mugwort
1 part Parsley

Gently heat 4 parts shortening over low heat until liquified. Watch that it doesn't burn. Add 1 part dried herbal mixture, blend with a wooden spoon until thoroughly mixed, and continue heating until the shortening has extracted the scent. You should be able to smell it in the air. Strain through cheesecloth into a heat-proof container, such as a canning jar. Add 1/2 teaspoon of tincture of benzoin (available at most drugstores) to each pint of ointment as a natural preservative. Store in a cool, dark place, such as the refrigerator. Ointments should last for weeks or months. If it turns moldy, discard and lay in a fresh batch.

Recipe #2

2 drops Sandalwood oil
1 drop Jasmine oil
1 drop Benzoin oil
1 drop Mace oil

Use unbleached beeswax if possible, if not use what you can find. Chip it with a large, sharp knife so that you can pack it into a measuring cup. Place 1/4 cup or so of beeswax into the top of a double boiler (such as a coffee can set in a larger pot of water). Add about 1/4 cup of olive, hazelnut, sesame, or some other vegetable oil. Stir with a wooden spoon until the wax has melted into the oil. Remove from heat and let cool very slightly, until it has just begun to thicken. (This step is taken so that the hot wax won't evaporate the oils.) Now add the mixed oils to the wax. Stir thoroughly with a wooden spoon and pour into a heat-proof container. Label and store in the usual way.

Once the ointment is made and has cooled in it's jar, empower it with its particular magickal need. This vital step, remember, directs the energy within the ointment, readying it for your ritual use.

Anoint the pulse points, the underarms, the soles of the feet, the groin, the palms of your hands, and any other area with a large quantity of sweat glands. Start your astral projection ritual and away you go.

As I haven't tried these as yet, I would appreciate being let know how they work.

SCENTS AND OILS

From - Just of Touch of Magick By: ~Speel Fire~

It has long been one of man's beliefs that different scents effect us on many levels including the spiritual One of the main reasons for perfumes and colognes is this belief. Here is a brief list of properties distributed by Connections Candles, a company the makes candles and sells them at metaphysical gatherings.

APPLE: Peace of mind, relaxation, love, wisdom.

BAYBERRY: Luck to the home, money to the pocket.

BURGAMOT: Protection from harm.

CEDAR: Instills confidence, protection from misery and misfortune.

CINNAMON: raise and enhance spiritual vibrations, stimulate clairvoyance, aids focus and concentration, good for personal protection.

CITRONELLA: Attracts friends and customers, protection from insects.

CLOVE: Strengthens memory, protects from hostile negative forces.

EUCALYPTUS: Promotes healing of any hurt, depression or illness. Especially good for colds or flu.

FRANKENCENSE: Frees one of obsessions and destructive habits, brings spiritual blessings, protects, exorcises, purifies.

HELIOTROPE: Increases clairvoyance, assists meditation, protects from physical harm.

HONEYSUCKLE: Aids in understanding non-physical realities, sharpens intuition, brings prosperity.

JASMINE: Psychic protection, cleanses the aura, stimulates - creativity and originality, attracts spiritual love.

LAVENDER: Frees from emotional stress, brings inner calm and peace, gives increased awareness, brings stability and permanance, good for headaches.

LEMON: Evokes protective spirits.

LILAC: Helps recall past lives, draws good spirits, helps decision making, improves memory.

MUSK: Instills self assurance, confidence and strength, heightens passions.

MYRRH: Guards against evil, brings peace, assists in understanding personal sorrow.

ORANGE: Brings harmony, raises power.

PINE: Cleanses, ends useless recriminations.

ROSE: Unconditional love, peace, harmony, tranquility.

SAGE: Powerful clearing and cleansing, removes negative energy.

SANDALWOOD: Stimulates clairvoyance, aids in seeing past lives, healing, clearing, protection, calms the mind.

SWEETGRASS: Invokes spiritual blessings, aids transformation.

VANILLA: Vitalizes energy, brings happy occasions to the premises, draws good fortune.



Aromatherapy Recipes for Household Use

Contributed by Astarte

Air Freshener

Blend: 8 drops lime
4 drops geranium
2 drops sandalwood

Dilute 6-8 drops of blend with water and use in potpourri burner. Alternative oils: lavender, lemon

Bathroom

Blend: 5 drops bergamot
10 drops lavender
5 drops thyme
10 drops lemon

Dilute with 2 cups water and use as a spray for surfaces. Or dilute 6-8 drops with water and use in burner. Alternative oils: citronella, sage, oregano

Bedroom

Blend: 4 drops rose
1 drop ylang ylang
2 drops clary sage

Dilute with water and use in burner. Alternative oils: Roman chamomile, nutmeg

Carpet Cleaner

Blend: 3 drops lemon
1 drop clary sage
5 drops geranium
1 drop bergamot

Dilute with 6 T. borax and sprinkle of floor before vacuuming. Alternative oils: lavender, grapefruit, lime

Dishwasher

Blend: 3 drops bergamot
2 drops lavender
2 drops orange
5 drops grapefruit

Add to one bottle of dishwashing liquid.

Disinfectant

Blend: 7 drops eucalyptus
10 drops lavender
4 drops lime

Dilute with 4 cups water and use as a spray or wipe. Alternative oils: thyme, tea tree, rose

Kitchen

Blend: 3 drops lemon
2 drops bergamot
3 drops orange

Dilute with 2 cups water and use as a spray or wipe. Alternative oils: rosemary, lime, eucalyptus

Living Room

Blend: 2 drops lavender
2 drops lemon
1 drop basil
6 drops grapefruit

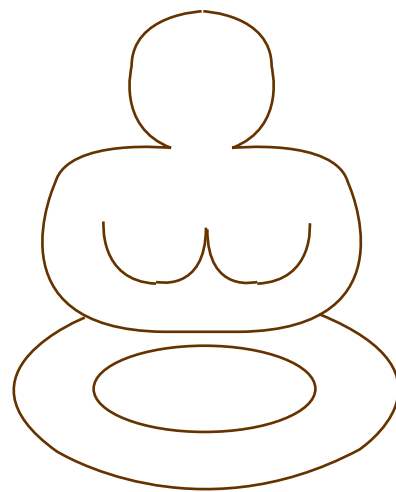
Dilute with 3 cups water and use as a spray, or dilute with water and use in burner. Alternative oils: lime, bergamot, clary sage

Shoe Fresh

Blend: 1 drop lemon
2 drops lavender
1 drop eucalyptus

Put on blotting paper or cotton balls and leave in shoes overnight. Alternative oils: lemon-grass, tea tree

NOTE: Bergamot, grapefruit, lemon and lime oils are photosensitive, so if you use these topically, avoid going out in the sun.



OILS

NO MEDICAL CLAIMS OR LIABILITY IS ASSUMED BY THIS AUTHOR OR LIST. JAMES WEINERT 1998

Essential Oils are very flammable and are Concentrated. Essential Oils must NEVER BE INGESTED INTERNALLY. They should NEVER BE APPLIED

DIRECTLY TO THE SKIN in order to avoid irritation. Add the following mixtures to 15 ml (1 Tbs) of a base oil such as a vegetable oil if used immediately or for longer storage, Jojoba Oil, which is really a non-perishable liquid form of a "wax" most identical to the skins natural oils (Expensive but Wonderful!).

ASTRAL TRAVEL OIL

3 Drops Sandalwood oil

1 Drop Ylang Ylang

1 Drop Cinnamon

Anoint stomach, wrists, base of neck and forehead, (pulse points, energy meridians), lie down and commence visualizations.

PSYCHIC OIL

3 Drops Lemongrass

1 Drop Yarrow

VISIONS OIL

4 Drops Lemongrass

2 Drops Bay

1 Drop Nutmeg

Experiment further with your own blends. The following can be used to increase Psychic Awareness. Be sure to blend into a base oil to protect the skin.

Acacia

Balsam

Basil

Bay

Benzoin

Camomille*

Caraway

Caerdamom

Cassia

Cedarwood

Cinnamon

Clary Sage

Clove

Dill

Eucalyptus

Frankincense

Jasmine*

Lavender

Lemon

Lemongrass

Mace

Mugwort

Myrrh

Nutmeg

Orange
Peppermint
Rose*
Rosemary
Sandalwood
Spearmint
Star Anise
Tangerine
Yarrow
Yerba Santa
Ylang Ylang

* may cause drowsiness

MIGRAINE RELIEF

Herbs:

Common Evening Primrose - Use Roots to make a Tea.
Feverfew - Chew 1 - 4 DRY leaves per day.
Wild Yam - Use DRY roots to make a Tea.

Oils:

Blend in 15 ml Base Oil and apply to pulse points.

Sandalwood - 6 Drops
Lavender - 8 drops (optional)
Clary Sage - 6 Drops
Marjoram - 8 drops

Experiment with your own mixtures using the following oils:

Camomile
Clary Sage*
Cypress
Geranium
Lavendar*
Marjoram*
Lemon
Ginger
Black Pepper
Peppermint
Rosemary
Valerian*

*Greatest Analgesic Relief

Sources: Aromatherapy A Holistic Guide ISBN 0-87542-033-8

500 Formulas for Aromotherapy ISBN 0-8069-0584-0

Growing and Using the Healing Herbs ISBN 0-517-06650-5

Cunninghams Complete book of Incense, Oils & Brews ISBN 0-87542-128-8

Eastern/Central Medicinal Plants ISBN 0-395-46722-5

Wicca Garden ISBN 0-8065-1777-8

Bath Aromatherapy Recipes

Contributed by Astarte astarte_64@zdnnetmail.com

Here are some bath recipes. Mix the oils and add 5-6 drops to your bathwater, or however much smell good to you.

Normal Skin:

5 drops neroli

10 drops lavender

5 drops geranium

3 drops frankincense

5 drops jasmine

Alternative oils: rose, sandalwood, ylang ylang

Dry Skin:

10 drops rose

5 drops German chamomile

10 drops lavender

5 drops patchouli

Alternative oils: petit grain, geranium

Oily Skin:

10 drops lemongrass

8 drops cypress

8 drops jasmine

5 drops neroli

Alternative oils: clary sage, orange, bergamot

Purifying:

10 drops lemon

7 drops cypress

6 drops juniper

4 drops oregano

Toning:

10 drops orange

6 drops thyme

6 drops rosemary

Alternative oils: ginger, basil, lavender

Four Winds Oils

-Magical Herbalism by Scott Cunningham



East Wind, the wind of intelligence: Lavender

South Wind, the wind of passion and change: Musk

West Wind, the wind of love and emotions: Rose

North Wind, the wind of riches: Honeysuckle

Wear the appropriate oil when desiring a change in that area of your life. Also wear to boost spells you may also be working.

South Wind is the catch-all; if your wish doesn't fall into any of the other categories, use South Wind.

Aromatherapy Recipes

Contributed by Astarte

When using the computer:

Blend:

5 drops cypress
4 drops bergamot
2 drops petit grain

Dilute with 25 ml water and use in potpourri burner.

Alternative oils listed are cedarwood, sandalwood and lemon, which can be used in substitution for any of the oils listed above.

Headache:

Blend:

3 drops lavender
1 drop peppermint.

Dilute with 1 drop vegetable oil and massage on temples and/or base of skull.

Alternative oils: rosemary, Roman chamomile, rose

Depression:

Blend:

12 drops geranium
3 drops lavender
7 drops bergamot

Dilute with 1 teaspoon vegetable oil or warm water. Use as massage, in burner, or in bath.

Alternative oils: neroli, nutmeg, grapefruit

Creativity:

Blend:

3 drops rosemary
2 drops coriander
3 drops cypress
5 drops lemon

Dilute with 25 ml water and use in burner.

Alternative oils: grapefruit, basil, bergamot

For the students, Memory:

Blend:

4 drops basil
12 drops lavender
7 drops geranium
2 drops rosemary

Dilute with 5 teaspoons vegetable oil and use as massage or in bath.

Alternative oils: neroli, grapefruit, bergamot

And for the kitchen witches:

Blend:

3 drops lemon
2 drops bergamot
3 drops orange

Dilute with 2 cups water and use as spray or on sponge as a general wipe for the kitchen.

Alternative oils: rosemary, lime, eucalyptus.

NOTE: Bergamot, grapefruit, lemon and lime oils are photosensitive, so if you use these topically, avoid going out in the sun.

