To burn loose leaves, use an abalone shell or clay bowl. When using charcoal tablets, the bowl or shell should be filled with sand, dirt, or a flat stone to prevent overheating the container.

To burn a “wand” or bundle, hold the bundle at an upward angle, light one end and let it burn for about 20 seconds. Then, gently blow out the flame to leave orange embers. Move the bundle to direct the smoke or gently wave your hand or a fan over the bundle to move the smoke around the space to be cleansed.

Modern studies have shown that burning herbal smoke can drastically reduce the amount of pathogens and bacteria in the air, by up to 94%.

Cleansing with Smoke

- Boil in water on the stove to steam
- Steep in a bath
- Burn to cleanse with smoke
- Make a sachet for a space or to carry
- Hang a sachet to steam in the shower
- Sprinkle or arrange in a salt bowl
- Mix with a carrier oil and warm in a wax diffuser

*EXPANDED SELECTION* of Herbs and Essential Oils

Shop our new specially curated selection of dried herbs and essential oils for general wellness and ritual. These herbs and oils are NOT for internal use, but there’s many way to use plants in your space. Have questions? Browse our curated selection of books on herbal magic and natural wellness, and our resident expert Stephanie is ready to help!

Ideas for use:

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- Steep in a bath
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SPECIAL EVENT: Crystal Rasmussen, Generational Healing® Teacher and Spiritual Guide
Sunday, June 6 and Monday, June 7

Crystal Rasmussen is a Generational Healing® Teacher and Spiritual Guide who supports you in clearing past generational trauma and wounds within your genetic lineage through an ancient healing technique from your ancestors to release pain and trauma stored within the memory of your DNA to heal you today. Every ancestor who came before you left their body with unhealed issues; those issues continue to be played out by their next of kin, no matter how far down the line.

During your session Crystal heals the source of your ancestor’s trauma in your bloodline by connecting with one of your ancestor’s that desires healing and works with their energy, feeling what is needed to release these inherited patterns that are passed on generationally; ultimately freeing you to express and experience who you are now.

60 Min. $150