Recipes for Oils, Teas and Other Things

Oils:

Flowering Woods

Flowering woods is a layered oil. The 3 scents involved layer and blend together to release the gentle scent of a woodland in bloom. I caution you though, If you blend a small amount with water to make a scented spray, you should limit the use on your bed. I had dreams of walking through the woods for 4 nights. Spray the air lightly with this before meditation to help you get relaxed and to visualize.  
Oils Needed:  
Orchid  
Magnolia  
Sandalwood  
  
Mix equal parts of the flowery scents, and 2-4 extra drops of the sandalwood for a balanced scent.  
(example: 4 Drops Orchid, 4 Drops Magnolia, 6-8 Drops Sandalwood)  
  
Sealing Oil

Pinch of Sage  
pinch of salt  
carrier oil  
two cloves  
  
Blend in a bottle, and let it sit for 9 days in the sun.  
  
  
Lady SilverVixen's Alternative:  
  
All the above ingredients, blend, let sit for 9 days in the sun and the moon light for a little extra boost, or you can add two drops of moon water to it, to give it a slight lunar charge.

Cleansing & Protection Altar Oil

Lady Silvervixen's personal protection and cleansing altar oil  
  
Equal parts of the following essential oils in a carrier oil  
  
Dragons blood  
Cinnamon  
Orange  
Sandalwood  
(optionals- Melatti, Tuberose and Vanilla)  
  
  
Personal note: I personally enjoy this blend, it has a wonderfully earthy and uplifting smell to it, but it's also a bit musky. I prefer using Extra Virgin Olive Oil, Grape Seed Oil, or Sweet Almost Oil as carrier oils.  
  
Bath Salts

There are several different recipes out there for bath salts. They can be used for relaxation, purification, aromatherapy (in the tub of course), and many other different things magical and non-magical alike. Bath salts have been used for centuries, and are still used today. You can buy them in many stores, like Bath and Body, or even Walmart. Nothing gives you a better feeling though than making something on your own.  
For this I will give you 2 different ways to make bath salts, a few recipes to play with.  
  
The First method will be the simplest  
  
You'll need an essential oil  
Some Dead Sea Salt and minerals (found at most Craft stores)  
A Ziploc bag  
Food Dye (optional)  
Storage container or sachet  
  
Place about 1/2 a cup of the salt in the ziploc bag. If you've chosen to use the food dye, add 3 drops to the salt in the ziploc bag. seal the bag and work the dye into the salt. When the dye covers all the salt you can choose to add a few more drops to deepen the color, or you can go ahead and add 4-6 drops of the essential oil, depending on how strong you want the smell.( Personally I prefer light scents, so I only use maybe 3-5 drops in my own mixtures). Like the salt, you will work the scent into the salts, this will either deepen the color (for dark colors) or lighten them further (for light colors). You can open the bag after a little working, and take a quick sniff to make sure your scent is strong enough. Once done, package and store for use later. Keep this away from direct sunlight and try to use within a month after making if possible, 2 months max as the scent will wane.  
  
The Second Method  
  
you will need:  
Epsom Salt (to relax muscles)  
Table Salt (to help purify)  
Baking Soda (to keep your skin smooth)  
Essential oil  
Ziploc bag (if you prefer from the above)  
Bowl and Spoon  
Food coloring (optional)  
  
You will add equal parts of epsom salt and table salt, and 1/2 of that in baking soda. Into a bowl and then blend with the spoon (or put it into a ziploc bag and work it the same way you did in the first method). Then add your food coloring based on the kind of magic you are doing (green for luck or money, blue for peace, etc... no different then the first method), and using your spoon, stir the coloring in (or work the salt the same way in the ziploc bag as before). Add your scent and stir the same way or work the same way as you did the with food dye. Package and store.  
  
Now I left out one thing intentionally, which I will describe here. That's the charging of the salt. I've purposely left this out until now because everyone uses a different method in charging. For bath salts you can choose to charge afterwards which is the easiest, or you can charge while you blending (this is a little easier but also a bit more time consuming).To charge your salt either way, it's best to make sure you are focusing on the purpose the entire time, if for protection, you need to focus on protective energy, for healing, healing energy etc... imbuing the salt with your intent.  
  
My personal method is focus on the purpose, and while doing so visualize white light (green for healing or luck/money, blue for peace and clarity, etc..) and filling the salts with the purpose. I do this not only during the making of the salt, but afterwards as well to make sure the scents and coloring all have the same purpose. Something that I also like to do, is add in a single pinch of a dried herb that compliments the fragrance and purpose. They may stick to you a little bit, but a quick rinse off while the water is draining will take care of that.  
  
Honey and Onion Cough Syrup

Need One Onion and a Jar of Honey  
  
Slice the onion (do not mince) and place in the jar of honey. Let this sit overnight (approx 24 hrs. if possible).  
  
Take 1 tbsp as needed throughout the day, do not exceed more than 6 tbsp in 24hrs (it gives you bad gas)  
  
Four Thieves Vinegar

Equal parts  
  
Lavender  
Rose  
Sage  
Peppermint  
  
White/apple vinegar  
  
Add equal parts of all the herbs to a container that is glass and has a tight lid. Cover with vinegar and let stand in cool (room temp) place that is mostly dark. Let it infuse for 4-6 weeks. Repeat process if you think it's necessary  
  
Personal notes : I modified this from the original herbs, but it still works wonderfully, and tastes fantastic. being one who hates vinegar for the most part, I actually enjoy this on salad. Also on a side note, my husband used this in hot sauce and it really added a bite to it.  
  
Witches Brew

1 gallon apple cider  
1 whole apple sliced (no seeds)  
1 whole Orange sliced  
3 small cinnamon sticks  
3 slices fresh ginger  
1 cup dried rose petals  
1TBS nutmeg or other spice  
  
Pour cider into a large pot big enough to hold the gallon of apple cider with enough room for the other ingredients. Turn on high and add the slices of apples, oranges, the cinnamon sticks, the ginger and roses. Turn heat down once the cider is hot to allow it to simmer. Let simmer for 5 minutes, then add the spices of your liking. Stir every 15 to 20 minutes to keep the roses from settling at the bottom. Leave to simmer for 2 hours.  
  
Personal Notes:  
I made some of this and I just fell in love with it. I had to share it with those who like this kind of thing. It's fantastic for Samhain, or those who don't celebrate Samhain, it's great for Halloween. I think with a few changes it would even be perfect for a Christmas (or Solstice) morning before opening presents.  
  
Menstrual Pain Relief Tea

2 teaspoons dried lemon balm leaves and yarrow  
  
steep for 10 minutes, then dress to your liking, drink 2-3 cups on difficult days.  
  
  
Due to the way lemon balm can react to certain digestive systems do not exceed 4 cups in a 24 hour time period.  
  
OR

1/2 and 1/2 of Catnip and White Willow bark  
  
Brew in hot water for 10 minutes or until brought to desired strength.  
  
Another variation which works well for those who get sick easily during "the moon"  
  
1/3 Catnip  
1/3 White Willow bark  
1/3 Licorice Root  
  
Rosemary Punch

2 handfuls of dried rosemary  
2 cups of water  
1 liter Ginger Ale  
12 oz Frozen Pineapple juice  
  
Preparations: Heat water and rosemary until boiling, then simmer for 5 minutes. Let cool then strain out the rosemary. Combine with the pineapple juice, add ginger ale right before serving.  
  
Makes a great punch for any kind of party,  
  
Lovers Leap Tea

This is a tea by Lady SilverVixen, it's a special tea that works well as a relaxing herbal bath too.  
  
Equal parts of Lavender, Chamomile, and Rosemary  
  
For Tea: I recommend adding Stevia but honey is a good addition  
  
Add to hot water, let steep, strain, then enjoy  
  
For Herbal Bath: Add equal parts to a sock or Muslin bag and place in hot bath water. Let it sit for about 5 minutes stirring the bathwater occasionally. Leave it in the tub with your water, and climb in. Feel relaxed and rejuvenated with fresh smelling skin.  
  
Headache Relief Tea

Use equal parts (I find 1/4 tsp works well)  
  
Lavender, Chamomile, Rosemary and Mint  
  
Steep in a cup of hot water, then strain, add a touch of honey, and relax.  
  
This is good anytime, but works best if taken right before bed.  
  
Fever Reducing Tea

2 tsp dried catnip  
1 tsp dries vervain  
  
pour 2 cups of hot water over herbs, steep for 10 minutes, strain, add honey or milk, and enjoy.  
  
Additionally (by Lady Silvervixen:) Adding a small pinch of black pepper on top will also aid if there is sinus congestion.  
  
Psychic Tea

Psychic Tea  
To help enhance psychic openess during meditation.  
  
2 part (about 2/4 tsp) Rose Petals  
2 part (1/4 tsp) Yarrow flowers  
1 part (1/2 a stick) Cinnamon  
1 part( 1/4 tsp) Stevia (optional)  
  
Place in a tea ball or tea bag. Bring water to a boil, then pour over tea ball/bag, let steep until brought to desired strength  
  
  
Eucalyptus Tea

Eucaluptus leaves (2-3 fresh or 1 1/2 oz dry)  
honey (optional)  
Water  
  
1.) If fresh cut into small pieces  
2.) use about a cup to 1 1/2 cups of water and bring the leaves to a boil (this is only if it's fresh)  
3.) let simmer for 5 min.  
4.) Take off leaves for 30 min.  
5.) remove tea bags or tea balls so the flavor won't be too over powering  
6.) reheat and add honey, then drink  
  
  
If Dry  
  
1.) place leaves in a tea ball or tea bag and seal  
2.) follow all steps from step 2 above.  
  
Eucalyptus Head Cold Remedy

Ingredients: 1/2 oz Eucalyptus leaves  
1/2 oz peppermint leaves  
1/2 oz chamomile leaves  
  
(makes 1 tea bag)  
  
1.) Make a mixture of all three  
2.) Boil water  
3.) dump over tea  
4.) let set for 5-10 minutes or until desired strength is achieved.  
5.) drink  
  
  
Alternate to above (use the same directions)  
By :Lady SilverVixen  
  
3/4 tsp eucalyptus  
1/4 tsp chamomile  
1/4 tsp licorice root  
2/4 tsp peppermint