

SELF-LOVE SPELL OIL

Everyone can use a bit of extra self-love in their lives! This spell oil can be used in ritual baths, candle magic, or for daily use to invite self-love and care into your life.

YOU WILL NEED...

- a carrier oil of your choice (olive, sesame, etc.)
- patchouli essential oil
- lemongrass essential oil
- a glass bottle or jar



INSTRUCTIONS

1. Cleanse your space, yourself, and your jar with a cleansing method of your choice.
2. Place the essential oils in your jar. The amount will depend on the size of your jar. Usually, just a few drops is enough. If you are substituting with dried herbs, fill the jar at least halfway with your ingredients.
3. Fill the rest of the jar with your carrier oil of choice.
4. Imbue the oil with your energy and intention with your method of choice. You may use energy, chants, prayers, etc.
5. If you are using essential oils, the oil will be ready for use immediately. If you are using dried herbs, let the oil steep in a cool, dark place for at least two weeks before use.

OTHER SELF-LOVE INGREDIENTS

If you don't have any of the essential oils mentioned, that's okay! Choose one of these instead, or use one of your own correspondences!

- lavender
- rose
- rosemary
- carnation