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# *Garlic*

*Allium sativum*



Garlic is a very versatile herb. The list of therapeutic actions is almost endless. Two (raw) cloves a day are just as good as an apple for keeping the doctor away. It's used to bring down high cholesterol and high blood pressure; get rid of infections (topical or internal); stimulate digestion; and will help bring down fevers. Scientific research also suggests garlic is an immune system enhancer so can be taken as preventive measure. Raw garlic can cause indigestion so experimentation is necessary. You can roast it or take capsules if your stomach doesn't like it raw, but its medicinal properties won't be as strong.

**Family**            Liliaceae

## Medicinal Uses

Blood pressure, high  
Catarrh  
Infection  
Worms

## Magical Intentions

Exorcism  
Healing, To Promote  
Health, To Maintain  
Lust, To Increase/Create  
Protection  
Theft, To Prevent

## Parts Used

Bulb  
Essential Oil  
Leaves

## **Element**

Fire

## **Planet**

Mars

### Do Not Use

Pregnancy   
Lactation   
Children   
Frail

Male  Female

### Cautions

May interfere with existing hypoglycemic and anticoagulant therapies.

### Cultivation

Garlic can be grown in almost any soil, although it prefers something high in organic matter. You can buy seed stock off the Internet or get an organic bulb at your grocery store and separate it into individual cloves. Sow in late fall before first frost and harvest in spring. If you live in a harsh climate, be sure to cover with mulch to overwinter. In milder climates, it can be grown year-round; just be sure the bulbs get three to four weeks of cool time (in your basement?) before planting. Plant the cloves point-side up no further apart than you need to provide space for each clove to grow into a bulb - about 6" will do it. Because it doesn't need a lot of room, Garlic is easy to grow in deep pots on a porch or patio. Ensure adequate moisture but do not overwater.

# *German Chamomile*

*Matricaria recutita*



Chamomile is a very calming herb – many people drink Chamomile tea before bed to help them sleep. The same properties make it good not only for insomnia but nervous tension and neuralgia. Topically, it's great to calm skin reddened by weather and makes a wonderful addition to acne or anti-itch preparations to bring down inflammation.

**Family**            Asteraceae

## Medicinal Uses

Abscess  
Anxiety  
Appetite Loss  
Arthritis  
Colds  
Colic  
Conjunctivitis  
Depression  
Diarrhea  
Dyspepsia  
Flu  
Insomnia  
Migraine  
Motion sickness  
Muscle strain  
Neuralgia  
Sinusitis  
Teething, babies  
Ulcer, gastric  
Vertigo

## Magical Intentions

Anger Management  
Legal Matters, To Assist In  
Love, To Attract  
Money, Riches, Treasures, Wealth  
Purification  
Sleep  
Stress Management

Parts Used

Essential Oil  
Flowering Tops

Element

Water

Planet

Sun

Do Not Use

Pregnancy   
Lactation   
Children   
Frail

Male

Female

Cautions

May cause allergic reaction in people sensitive to Asteraceae Family. The coumarin constituent may interfere with anticoagulant therapy if used in excessive doses. Recommend avoiding excessive use during pregnancy & lactation due to reputed effects on the menstrual cycle & uterotonic activity.

Cultivation

Chamomile grows easily from seed in slightly-sandy, well-drained soil with full sun. Although considered a perennial, it is actually a self-sowing annual so be sure you leave a few plants to go to seed each year.

# *Lemon*

*Citrus limon*



Lemon is very well-known as a refrigerant – who doesn't appreciate a good glass of lemonade in the hot summer? As a cooling agent, it will calm the pain of sunburn but due to the sugar in lemonade, don't just dump your glass over your shoulder. Cut a lemon in half and rub it on the painful spots. Lecturers and singers know it well as an ingredient in tea (with honey and hot water) to keep the throat clear. This same recipe is good for sore throats due to a cold or cough. Its astringent properties make it a good face wash for those with oily skin and a lot of people use it as a bleaching agent for freckles. Lemon juice mixed with a little water will cleanse ritual items or other magical objects purchased secondhand. It's used in the bath for purification and in spells to draw or seal friendship.

**Family** Rutaceae

## Medicinal Uses

Bleeding  
Colds  
Cough  
Headache, Tension  
Sore throat  
Sunburn

## Magical Intentions

Friendship, To Promote  
Longevity, To Attain  
Love, To Attract  
Purification

## Parts Used

Essential Oil  
Fruit  
Juice  
Peel

## Element

Water

## Planet

Moon

### Do Not Use

Pregnancy

Lactation

Children

Frail

Male  Female

### Cultivation

Lemon trees like a lot of light and warmth. They normally grow outdoors in climates where it rarely freezes. If you want to plant one outdoors in a more northern climate, the south side of the house is a good site as most of the time that side will be sunny and warm. Lemon is very sensitive to cold so be sure to protect it from frost.

They will grow nicely in a pot capable of supporting a five-foot or taller tree. Place in a sunny area on your deck or patio, or in front of a window that gets full sun during the day. If you're growing it strictly indoors, you may have to supplement with a grow-light in the winter months.

Wherever you plant, the soil should be well-drained and slightly acidic. Water it deeply once a week.

# *Myrrh*

*Commiphora molmol*



Myrrh is one of my favorite antibacterial herbs. It's used extensively for mouth problems. It will also help heal skin abrasions quickly. Myrrh incense has been used for centuries to purify an area and create peace – great for background when meditating or use it to purify ritual tools. Rather than leaves, flowers or bark, the resin is what's used and that doesn't dissolve well in water. For this reason, a tincture is the preferred method of administration. If you want to make a 'tea', be sure your resin is well-powdered and strain it through a coffee filter before drinking. You will find Myrrh resin in colors ranging from golden to a reddish-brown.

**Family**            Burseraceae

## Medicinal Uses

Abrasions  
Amenorrhea  
Asthma  
Boils  
Bronchitis  
Cystitis  
Gingivitis  
Halitosis  
Indigestion  
Pharyngitis  
Pyorrhea  
Sinusitis  
Thrush  
Ulcer, mouth  
Wounds

## Magical Intentions

Exorcism  
Healing, To Promote  
Protection  
Spirituality, To Strengthen

## Parts Used

Gum resin

## Element

Water

## Planet

Moon

### Do Not Use

Pregnancy   
Lactation   
Children   
Frail

Male  Female

### Cautions

Use of undiluted tincture in the mouth may give rise to a transient burning sensation & irritation of the palate. Theoretically, may interfere with existing antidiabetic therapy as hypoglycemic properties have been reported. Doses over 4gm may cause kidney irritation & diarrhea. Large amounts can affect the heart rate. Topically, it can cause dermatitis so do a patch test if you're uncertain.

### Cultivation

Myrrh is a desert-dweller, native to Ethiopia, Somalia and a few places on the Arabian Peninsula. It grows from seed or cuttings taken after budding.

# *Peppermint*

*Mentha x. piperita*



Peppermint is an extremely versatile herb. First, it makes a rather tasty, cooling tea – especially in the summer when you’ve been working in the yard. Further than that, it helps bring down fevers, calms tension headaches and brings colds & flu to a quick end. Rubbing a fresh, crushed Peppermint leaf on gums will also calm the rattled nerve endings associated with teething.

**Family** Lamiaceae

## Medicinal Uses

Appetite Loss  
Colds  
Colic  
Dyspepsia  
Fever  
Flatulence  
Flu  
Headache, Tension  
Insomnia  
Measles  
Morning sickness  
Nausea  
Teething, babies  
Toothache

## Parts Used

Aerial  
Essential Oil

## Magical Intentions

Anger Management  
Healing, To Promote  
Love, To Attract  
Psychic Powers, To Strengthen  
Purification  
Sleep

## Element

Fire

## Planet

Mercury

### Do Not Use

Pregnancy   
Lactation   
Children   
Frail

Male  Female

### Cautions

Excessive doses of oil can cause vomiting & drowsiness. Orally, oil can cause heartburn, nausea & vomiting, and allergic reactions, including flushing & headaches. Topically, oil can cause skin irritation & contact dermatitis. Always use in a 1% solution. Contraindicated with occlusion of bile ducts, gallbladder inflammation & severe liver damage. Other preliminary research suggests that peppermint may lower testosterone levels & decrease spermatogenesis in male animals. It is not known whether this occurs in humans, although anecdotal reports suggest reduced libido in men consuming 4 cups + per day of peppermint tea.

There are some drug interactions - be sure to check.

### Cultivation

Peppermint will grow from seed but is more likely to thrive if you get a starter plant from your local nursery. It likes to be in a mostly-shady area of your garden or patio. Consider giving it its own pot or bed as it will spread quickly via underground stolons (stems) and crowd out nearby plants. (For this reason, it makes an excellent shade "lawn".) Water frequently but do not overwater.

# *Broad-leafed Plantain*

*Plantago major*



Plantain is found in almost everyone's yard and can generally be found growing close to Nettle. There's a reason: rubbing a fresh leaf on the spot will calm the sting from a nettle almost immediately. For the same reason, it calms the itching of insect bites and rashes, including eczema. It's an immune system enhancer, and a refrigerant so it will help calm and heal buns and scalds. Use plantain to enhance the effect of almost any spell. Narrow-leafed Plantain (*Plantago lanceolata*) may be used interchangeably with the Broad-leafed species.

**Family** Plantaginaceae

## Medicinal Uses

Bleeding  
Boils  
Burns  
Cystitis  
Diabetes  
Eczema  
Immune System  
Infection  
Inflammation  
Insect bites  
Leukorrhea  
Lumbago  
Mastitis  
Ringworm  
Scalds  
Toothache

## Magical Intentions

Healing, To Promote  
Protection  
Snakes, To Repel  
Strength, To Instill

Water retention  
Worms  
Wounds

**Parts Used**

Flowering Tops  
Leaves  
Root  
Seed

**Element**

Earth

**Planet**

Venus

**Do Not Use**

Pregnancy   
Lactation   
Children   
Frail

Male

Female

**Cautions**

Reports of contact sensitization.

**Cultivation**

As I stated above, it grows in just about everyone's yard. In many places it's considered an invasive weed. (Its seeds are a common contaminant in cereal grains.) If, for some reason, you find yourself without any, a short walk around your neighborhood or in the local park where they don't use herbicide will more than likely yield several small flower stalks - they look like little green spears sticking up from a leaf cluster that is generally close to the ground. Watch these and pick them as the flowers give way to seeds. As a "weed" it will grow in just about any soil or location.

# Sage

*Salvia officinalis*



Besides being an ingredient in turkey stuffing, Sage is well-known as a fever reducer. Its astringent qualities make it great to help stop bleeding, to clear up mucus in the lungs and to calm the itch of insect bites. Sage will also help calm nervous tension and dry up a mother's milk if she's trying to wean a child. Sage infusion taken internally and applied externally will help the condition known as hyperhidrosis, or excess sweating. It can be used interchangeably with White Sage (*Salvia apiana*) for magical cleansing.

**Family** Lamiaceae

## Medicinal Uses

Amenorrhea  
Bleeding  
Cancer  
Catarrh  
Diabetes  
Dizziness  
Dysmenorrhea  
Fever  
Flatulence  
Indigestion  
Insect bites  
Laryngitis  
Nervous tension  
Respiratory infection  
Sore throat  
Tonsillitis  
Wounds

## Magical Intentions

Immortality, To Attain  
Longevity, To Attain  
Mental Powers, To Strengthen  
Protection  
Wisdom, To Promote  
Wishes, To Manifest

## Parts Used

Essential Oil  
Leaves

## Element

Air

## Planet

Jupiter

### Do Not Use

Pregnancy

Lactation

Children

Frail

Male  Female

### Cautions

Do not use during lactation as it will dry up the milk supply. Because of this, it is useful for a mother who is weaning an older baby. Not for long term use and do not exceed recommended dosage. Essential oil is reported to be a moderate skin irritant.

Contains thujone which is toxic in large doses.

### Cultivation

Although native to the northern Mediterranean, Sage thrives just about anywhere it can get full sun. While it grows easily from seed, the seeds store poorly so be sure you're getting relatively fresh seed from your source. It will also grow easily from plant division. Sage takes two years to reach full maturity.

# Tea Tree

*Melaleuca alternifolia*



Tea tree is one of the strongest antimicrobials in my medicine cabinet. I haven't seen the dried herb on the market in the United States but there's no need - the essential oil is what you want and it's readily available. I dab it on cuts after cleansing and before covering with a bandage. Some people find Tea Tree to be a bit too strong for their sensitive skin so you may have to dilute it in a carrier oil before use. A friend of mine puts some in her washing machine - especially if she's laundering baby clothes.

**Family** Myrtaceae

## Medicinal Uses

Athletes Foot  
Boils  
Colds  
Cough  
Herpes simplex  
Insect bites  
Laryngitis  
Psoriasis  
Sinusitis  
Thrush

## Magical Intentions

None known

## Parts Used

Essential Oil

## Element

## Planet

## Do Not Use

Pregnancy   
Lactation   
Children   
Frail

Male  Female

### Cautions

For External use. People with sensitive skin should dilute first with a fixed carrier oil.

### Cultivation

Tea Tree is a native of a small part of Australia, specifically New South Wales. It prefers sunny, moist soil and is frequently found in swampland. It is sensitive to frost. If you can get your hands on seeds, plant in an appropriate area, ensuring nearly continuous moisture. The seeds will take nearly a year to germinate and it will be 3 years or more before you see anything resembling a tree. Once mature, it will be a shrub or small tree (up to 22 feet or so) with evergreen leaves and small, white-to-red flowers.

# *Thyme*

*Thymus vulgaris*



This is another herb with a long list of reasons to have it on hand. It's a great disinfectant: I use a Thyme infusion to clean wounds before treating them further. Depending on your personal chemistry, a Thyme tincture diluted well in distilled water may make you less tasty to biting insects.

**Family**            Lamiaceae

## Medicinal Uses

Amenorrhea  
Arthritis, rheumatoid  
Asthma  
Bedwetting  
Bronchitis  
Burns  
Candida  
Chillblains  
Colic  
Conjunctivitis  
Cough  
Cramp  
Diarrhea  
Digestion, sluggish  
Dysmenorrhea  
Eczema  
Fever  
Flatulence  
Halitosis  
Headache, Tension  
Laryngitis

## Magical Intentions

Courage, To Attain  
Healing, To Promote  
Health, To Maintain  
Love, To Attract  
Psychic Powers, To Strengthen  
Purification  
Sleep

Pertussis  
Psoriasis  
Ringworm  
Sore throat  
Spasm  
Toothache  
Ulcer, peptic  
Worms  
Wounds

**Parts Used**

Essential Oil  
Flowering Tops  
Leaves

**Element**

Water

**Planet**

Venus

**Do Not Use**

Pregnancy   
Lactation   
Children   
Frail

Male

Female

**Cautions**

While generally recognized as safe, traditionally reputed to affect the menstrual cycle therefore amounts greater than usually used in food should not be taken during pregnancy or lactation. Thyme essential oil is a dermal and mucous membrane irritant; has a low therapeutic margin and should never be used orally or topically without dilution.

**Cultivation**

Thyme grows well in hot, sunny locations with well-drained soil, even in locations with very harsh winters. It may be cultivated from seed, cuttings, or by root division. Although it likes water, it will tolerate drought. Once established, it will spread into a small bush, a foot or more high and just as wide.

# *Yarrow*

*Achillea millefolium*



Yarrow will staunch bleeding before your eyes. It's also another good herb to have on hand for colds, fevers and bronchitis. Because of its antibacterial, antimicrobial and astringent properties, it helps tremendously with urinary tract and vaginal infections. Yarrow stalks are the traditional material for I-Ching sticks.

**Family** Asteraceae

## Medicinal Uses

Bleeding  
Bronchitis  
Candida  
Chickenpox  
Colds  
Cough  
Diabetes  
Digestion, sluggish  
Fever  
Hemorrhoids  
Measles  
Nosebleed  
Thrush  
Urinary tract infection  
Vaginal infection

## Parts Used

Aerial

## Magical Intentions

Courage, To Attain  
Exorcism  
Love, To Attract  
Psychic Powers, To Strengthen

## Element

Water

## Planet

Venus

### Do Not Use

Pregnancy

Lactation

Children

Frail

Male

Female

### Cautions

Avoid using with other herbs containing thujone, as may increase possibility of thujone toxicity. Excessive doses may interfere with anticoagulant, hypo & hypertensive therapies & have sedative & diuretic effects.

### Cultivation

Yarrow can be sown from seed or plant division. It grows wild in almost every part of the northern hemisphere. Although it will tolerate most soils, good drainage and full sun will ensure a healthy crop. It spreads via underground roots and is a very good plant to use to control soil erosion. If the blooms are deadheaded, it will flower most of the summer.

If you are able, grow Yarrow among other plants. It will enhance the amount of volatile oil in its neighbors, making them much more fragrant.

## Common Preparations

In this section I'm going to always use dried herbs unless otherwise noted. Be aware that for the most part, dried herbs are twice as strong as fresh so if you're using fresh, double the amount in your recipe. Also be sure you slightly crush your herbs as mentioned before.

The easiest method to use herbs is in **food**. You have to eat, so why not? You can make a very healthful meal using fruits and vegetables and adding some herbs. Or, you can make your meal a truly magical one by reciting your spell as you're cooking.

The most widely used preparation is a **tea** or tisane. (Actually, Tea is an herb. Its Latin binomial is *Camellia sinensis*.) Medicinally it's called an infusion or decoction. Magically, it's usually called a brew, potion or philter. To make a tea of a leaf or flower (an infusion) put one teaspoon herb in one cup just-boiled water. The water should be still steaming but not bubbling. Cover the cup to prevent the steam from escaping and allow it to steep for about ten minutes. Strain before use or use a tea bag or ball. To make a tea of a root or bark (a decoction), put one teaspoon herb in one and a half cups cold water. Bring the water to a boil, reduce the heat and allow it to simmer until your liquid is reduced to one cup. Again, strain before use.

I'm sure you know you can drink the tea (but be sure the herb is safe to ingest, first). A tea is used to make a **fomentation**. Prepare a strong infusion or decoction (double the amount of herb you use) and then soak a cloth in it. Bind the cloth around the area of the body you want to affect and cover with another cloth. This is very useful not only medicinally but in magical health workings targeted to a specific part of the body. You can also use a tea in skin preparations; as a wash, whether for yourself, your house or your magical items; or swish it into your bath water.

A **Poultice** is used in the same way as a fomentation to affect a part of the body. In this case, make a mash of herb(s) and warm water and apply directly to the skin. Cover with a warm cloth. Do not use a poultice if the skin is broken or inflamed. Use a fomentation instead.

**Tinctures** or **Simples** are an alcoholic extract of a single herb. They are a great way to use herbs medicinally, especially if you're taking or using more than one. A tincture is much more portable than trying to haul all the accoutrements for making tea. In addition, it's a lot easier to get down if the herb tastes bad (and many do). The folk method of making a tincture is to put one ounce herb into one pint good-quality vodka or brandy and let it steep for about 2 weeks, shaking it once a day. If the herb absorbs the liquid (many will), add more vodka or brandy until the level is about one-quarter inch above the herb. Strain well (use a coffee filter to get all the dregs), bottle and store in a cool, dark place. The alcohol acts as a preserving agent and tinctures will last for up to four years. Medicinally, put drops of the tincture (usually fifteen to thirty) into a glass of water or juice

to drink, or dilute it further for a skin preparation. Magically, tinctures are used in the same way as a tea and can also charge paper used for written work. Soak the paper in the tincture and let it dry before using.

If you're adverse to the use of alcohol in any form, you can make tinctures from apple cider vinegar or vegetable glycerin. Just be aware that your preparation won't be as potent. Also, if you make a vinegar tincture, be sure to use a jar without a metal lid. The fumes from the vinegar will corrode the metal.

Herbal **Wine** is a tasty way of taking your medicine. A cup of wine can be drunk as part of a magical working, too. To make an herbal wine, use the same method as a tincture, substituting either red or white wine for the brandy or vodka (red will be more medicinally-potent). Or, go all-out and make your own wine from virtually any berry.

Pure **Essential Oils** are the best-smelling way to use herbs. They are the "volatile oil" component of a plant and are extracted through a distillation process. They are also strong and can be toxic. Lavender, Tea Tree and in some instances, Clove are the only ones you can apply directly on your skin without worrying about overdosing. Never use any other essential oil directly on the skin without first diluting it in a base oil (see infused oils for a partial list). And, never ingest an essential oil unless you're under the guidance of a certified aromatherapist. Because they are so strong, it only takes about ten drops to one-eighth cup (one ounce) of base oil. To mix your oils, put the essential oils in the bottle first, then add the base oil. Cap and turn the bottle up and down in your hand ten times before using. Be aware of the difference between an "essential oil" and a "fragrance oil". Fragrance oils are usually synthetic and, if they have any therapeutic actions or magical energies at all, they're not the same ones as true essential oils. Also be aware that there is a difference in qualities of essential oils. The purer the oil, the better. Again, as close to the natural plant as possible. You'll pay for the good stuff but it's worth it. You can use essential oils in your skin care preparations, swish a few drops into your bath or put a few drops into a steam vaporizer and inhale the fumes. Magically, dab the oil onto your pulse points, put a few drops onto a handkerchief to carry with you, rub it into candles or burn it in an oil warmer or on charcoal. If you choose to burn the oil on charcoal, be aware that the aroma won't last longer than a few seconds. Again, if you're going to come into skin contact, be sure to dilute the essential oil first. Essential oils will keep for two to five years. As a general rule, the thicker the oil, the longer it will keep. Be sure to keep the bottle tightly capped as air will destroy the oil faster.

**Hydrosols** or Flower Waters are a by-product when essential oils are obtained by a steam distillation method. Even though they are known as "flower waters", a hydrosol is simply a distillation of any part of the plant that contains essential oils, like the leaves or inner bark. You can buy them commercially or, with a little effort, make your own. Small commercial stills are available so you can make your own essential oils and hydrosols. If you don't want to buy a still,

you can get almost the same effect on your stove. You'll want a large (20 quart or so) pot that has a domed lid. Put about three quarts of water and ten ounces of fresh herb in the pot and let it sit for a few hours before proceeding. Then put a vegetable steamer basket upside down in the center of the pot and a cereal-sized bowl right-side up on top of the basket to catch the hydrosol. Cover and bring to just under a boil. As soon as the water begins to simmer, reduce the heat, turn the lid upside down on the pot and put a large bag of ice in the lid. The ice will help condense the steam faster. The hydrosol is the condensed steam that will drip from the lid into your cereal bowl. Be sure to keep an eye on your preparation – make sure the water doesn't boil away and burn your herb. Once you've obtained a goodly amount of hydrosol in your cereal bowl, remove everything from the heat and allow to cool. Pour the water from the bowl through a coffee filter into a sterile bottle, then refrigerate. If you're lucky, you'll also have a few drops of essential oil in the bottom of the filter. Draw this off with a pipette and put into a separate bottle.

If you don't want to go to the trouble of distilling, you can pour two cups of boiling water over one cup of tightly-packed, fresh herb. Allow your mixture to cool completely, strain and pour into a sterilized bottle. This will not be as strong-smelling as a distilled hydrosol but is a simpler method.

An even quicker method of making a flower water involves essential oils. To one-quarter cup of distilled water, add six to eight drops of your chosen essential oil and bottle. Shake before use. This will have a much lighter fragrance than a regular hydrosol and is known as a "voile", which is French for "veil".

Hydrosols are generally used for skin issues, most often as an ingredient in a cream. However, Rose water on its own is an ages-old natural skin cleanser and astringent. My grandmother used to sprinkle her bedsheets with lavender water. This not only kept bugs out of the bed but they smelled wonderful. Magically you can use them for asperging, sprinkling or virtually anywhere you would use a tea or brew.

The use of **Ointments** is pretty much limited to the skin. (I'm not sure why you would want to eat an ointment!) Medicinally, rub them into the area you want to affect, like a sore muscle or on a rash. Magically, massage it into pulse points to get the energies into your body. The old method of making an ointment was to use lard but nowadays, vegetable shortening is available and smells much better. Melt one cup shortening over low heat (do not allow it to get so hot the shortening smokes). Add three tablespoons of dried herb(s) and allow to "cook" for about ten minutes. Strain and cool the mixture before use. Or, melt the shortening and add up to ten drops of essential oils before cooling. If you like something firmer than shortening, add a couple of tablespoons of melted beeswax to the mixture. You can also use anhydrous lanolin (available in health food stores) with a little beeswax to thicken the mixture. A caution: if you're allergic to wool, don't use lanolin. It's the oil collected from the skin of sheep, which is where wool comes from, too. Ointments should be stored in an airtight container in a cool, dark place.

**Infused Oils** can be used the same as an ointment, as an all-over massage oil or as a salad dressing. There are a variety of good base oils on the market today but the easiest is plain ol' cold-pressed, extra virgin olive oil, which is available on virtually every grocer's shelf. My personal feeling is that olive oil is a bit too heavy to use for most skin preparations and it does have a distinct smell so other, lighter options include apricot, avocado, cocoanut, grapeseed, and sweet almond. (If ordering coconut oil over the Internet, be sure to get the "fractionated" kind. Coconut oil is solid in its normal state.) Jojoba oil is also available but it's actually a liquid wax and is somewhat heavy. It is also more expensive compared to other alternatives. Put one part herb in ten parts oil (the equivalent of one ounce by weight of herb in ten fluid ounces oil) into a jar that has a tight-fitting lid. Place in a cool, dark place. Shake ten times once a day for ten days. Strain, bottle and store in a cool, dark place. If you want a stronger infused oil, simply strain out the herb and repeat the process. Use your original oil and add another batch of herbs in the same proportion as the first time.

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