



Carmel's Personal List of Herbs and Items

Hello my friend,

Please find below the list of the top 12 herbs and items I use in my spells most often and their meanings. These are what I have discovered work best for me, but you can and should use anything in a spell that resonates with you. Intention is always what is most important.

*Use your intuition and choose what feels right for you.
Carmel, xo*

1. Bear Root Herb:

Oshá, bear root or chuchupate, was used by Native Americans to treat a variety of ailments, particularly those relating to the lungs and heart. Oshá is a slow-growing member of the parsley family (Apiaceae).

2. Bee Pollen:

Decrease inflammation, as well as improved immunity, menopausal symptoms, and wound healing.

3. Cedar:

Cedar is associated with strength. It has a long tradition of being used in prayers, healing, dreams, and as a protection against disease. It is a symbol of generosity and there are Native American Tribes that had extensive rituals regarding the felling of cedar trees.

4. Cinnamon:

A very positive herb that has been a symbol of fertility, love, spirituality, protection, good luck, and health for centuries.

5. Cloves:

Cleansing the aura, stop gossip, attract prosperity and love, healing and banish spirits and negativity.

6. Heal All:

Heal All, also known as Prunella or Self Heal can be used to give strength to those suffering chronic, long-lasting illness who are beginning to lose hope. It can encourage self-healing and motivation and supports self-transformation.



7. Mint:

Used for protection, healing, good luck, and love.

8. Porcupine Quills:

Porcupine Quills are great for using to inscribe on candles for your candle magick. They can also be used for any protection ritual as well as for inner strength.

9. Red Brick Dust:

Red Brick Dust, also known as Redding Powder is pulverized bricks and offers a powder which is used for spells of protection. Red Brick Dust is also commonly used to make a line across the threshold of the house to keep harm away from the occupants.

10. Sage:

Sage is used to promote wisdom and bring in good luck. It builds emotional strength and may help to heal grief. Sage is also associated with protection and the granting of wishes.

11. Star Anise:

Perfect for increasing psychic connection, divine healing and protection, and increased success in lucky endeavors.

12. Turmeric:

Turmeric as a natural antiseptic with anti-inflammatory benefits. Used in spells for healing, strength, and vitality.