

Cleanse & Protect

Take this bath to remove negative energies cleansing your body and spirit.

A Wiccan cleansing and protection ritual that can prepare you for any Magical working.



- Rue
- Bay leaves
- Rosemary
- 1 white candle



1. Add 1 teaspoon of each dried herb (use more if fresh) to a pot of water.
2. Bring to a boil and let it simmer for 20 minutes.
3. Meanwhile, take a regular bath or shower so you are physically clean.
4. Light a candle if you wish and prepare the bath tub in any way you want. You can add some relaxing music, for example.
5. Filter out the herbs and then pour the spiritual bath water over yourself using a cup or scoop. Start from your head and work your way down.
6. Relax and clear your mind during this time you have created just for yourself.
7. When you are done, it's best to air dry rather than towel dry.