

Hyssop Charm

Relieve stress and fight anxiety with this simple calming tea spell. Hyssop is a medicinal plant with a pleasant flavor and sedative, digestive, expectorant, antiviral and other healing effects.

- Water
- Hyssop tea
(1 tea bag or 1 tbsp loose leaves)
- 1 mug or teacup
- 1 blue candle (optional)



1. Heat the water until it starts to boil.
2. Meanwhile, turn off all phones or disable notifications. Breathe deeply and relax.
3. Add the hyssop tea to your cup and pour the water.
4. Light the blue candle if you have one.
5. Relax. Follow the guided meditation video on spells8.com and slowly drink your tea cup.

About Hyssop

Hyssop tea, brewed with the green tops of the herb, was a traditional remedy for upset stomach. As well as its physical benefits, hyssop tea can have a positive effect relieving stress and anxiety.

If you are currently taking sedative or sleeping pills, or in treatment for depression or insomnia, ask your doctor to supervise your treatment. Pregnant women and children should check with a specialist before drinking this tea.