

Smudging Mist

The Sage, Lavender and Cedarwood oils in this recipe work to cleanse, purify, heal and protect against negative energies.

Use this mist on yourself and in your home as an alternative to sage smudging.

- Dark glass spray bottle
- Clear quartz-infused moon water
 - 25 drops sage
 - 15 drops cedarwood
 - 10 drops lavender



1. Add all the oils to your glass bottle.
 2. Fill the rest of the bottle up with your Crystal-infused water.
 3. Shake to mix all ingredients together.
 4. Shake well prior to each use.
- Store in a cool, dark place out of direct sunlight.

Cleansing Yourself

1. Have an intention. Set it clearly in your mind.
Believe it.
2. Lightly spray the mist on you and around you.
Avoid eyes.



Cleansing Your Home

1. Spritz the mist as you walk around the room slowly. Focus on cleansing and clearing all negative energy. Make sure you spray in corners, behind doors and closets.

Please use caution around pets.

2. You may also find it helpful to speak an incantation, a thought or chant during cleansing (but this is not necessary for it to work). An example for this would be:

“ Cleanse and bless this home and hearth.

Drive away all harm and fear,

So that only good may dwell in here.”