

Sinus-Clearing Healing Salt Bowl

Make this beautiful healing salt bowl to effectively help clear sinuses for a breath of fresh air during cold and flu season!

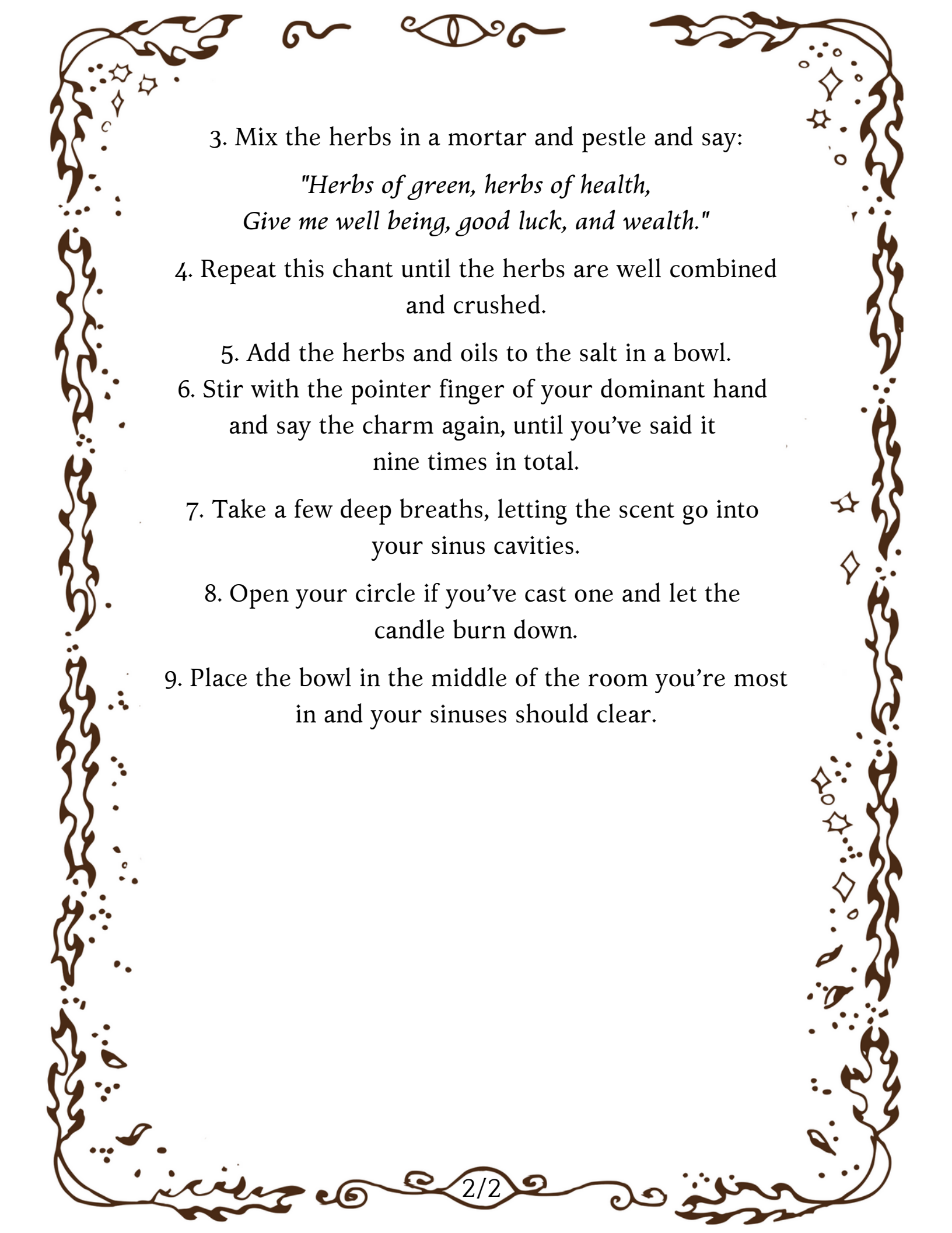
- White candle
- Healing incense (e.g. rosemary)
- Small bowl
- Sea Salt

Herbs and essential oils:

- Rosemary
- Thyme
- Mint
- Eucalyptus
- Lemon
- Cloves
- Cinnamon



1. Light your rosemary incense, cast a circle and call the quarters if you wish.
2. Anoint a white candle using any of the oils suggested above and light it.

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3. Mix the herbs in a mortar and pestle and say:
*"Herbs of green, herbs of health,
Give me well being, good luck, and wealth."*
 4. Repeat this chant until the herbs are well combined and crushed.
 5. Add the herbs and oils to the salt in a bowl.
 6. Stir with the pointer finger of your dominant hand and say the charm again, until you've said it nine times in total.
 7. Take a few deep breaths, letting the scent go into your sinus cavities.
 8. Open your circle if you've cast one and let the candle burn down.
 9. Place the bowl in the middle of the room you're most in and your sinuses should clear.