

# Yarrow (*Achillea millefolium*)



Named after Achilles, who used plant extracts to treat soldiers' wounds in the battle of Troy. Yarrow attracts butterflies, bees and other insects.

**Origin:** It is found throughout North America, as well as in Europe and Asia.

**Element:** Water

**Gender:** Feminine

**Planet:** Venus

**Zodiac:** Aries

## Magical Properties

**Love & Communication:** It is especially useful for communicating with loved ones that have passed through the veil. Hanging yarrow on your wedding night will make the love last for the next seven years. Use yarrow in a sachet to bring about love or add it to a bouquet to keep the love alive and passionate.

**Divination:** Add yarrow flowers to dream pillows for prophetic dreams. It can be used as an incense or oil to cleanse the aura. Drink yarrow tea prior to divination to help the mind focus on a specific issue.

## Medicinal Properties

**Detoxifier:** Yarrow is a great blood purifier because it increases urination which helps the body rid itself of toxins.

**Fever:** An ointment can be made with yarrow and applied to the body for a headache or fever. For spots, soak in a warm bath full of yarrow.

For mild abrasions, apply an ointment or oil with yarrow essential oil.

---

**Contraindications:** *Prolonged use of yarrow can cause photo-sensitivity. Do not use if you are allergic to ragweed. Pregnant women should not ingest yarrow.*