

A Year in the Bath

*“Do what ye will, an’ it
harm none.”*

~ Wiccan Rede

Dedication

This book is dedicated to all of my sisters & brothers in the Craft & their familiars, in a spirit of love & gratitude.

“Do what ye will, an’ it harm none.” ~
Wiccan Rede

May this little book—part *grimoire*, part bath companion, part folk history—encourage & delight you as you continue your path of peace, creating love & light, happiness & healing, in the world for all who live here.

“We know of only one duty, & that is to love.” ~ *Albert Camus*

A Year in the Bath by C.E. Grant

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Introduction

Your skin is your largest organ. In its continual efforts to clear toxins for your well-being, your skin renews itself daily.

The kindest gift that you can offer your skin in gratitude and respect for its constant care of you is *water*, inside and out.

Sipping a gallon of pure water each day provides every cell in your body with the hydration necessary to build better new cells.

A gallon of water daily also allows each cleansing organ to perform its protective function most efficiently and with maximum ease, thus reducing the demands on your skin.

Water applied externally in a bath encourages the skin to release toxins and to gently heal by improving circulation.

By varying the temperature, duration, and natural additives of the bath, you may address your skin's particular support

requirements in a way both thoughtful and non-toxic.

Many cultural and spiritual traditions follow the Wheel of the Year: it is natural and healthful to flow with the seasons. I have assembled 12 baths, one for each month, for a soothing year in the bath.

Each bath ameliorates the most common physical, mental, and emotional stresses brought on by the seasonal shifts, weather, or holidays found in each month.

Pagan and Wiccan beauties who already practice ceremonial cleansing of the body before any sabbat, esbat, equinox, or solstice ritual may incorporate these baths to expand their options.

If you have never tried ceremonial cleansing before ritual, *A Year in the Bath* can be a wonderful introduction to this ancient, sacred practice.

For you beauties who honor the ancient calendar of the 13-moon year, I have included the very special “Silver Moon

Bath”, which is deeply purifying on all levels.

A Year in the Bath is ordered on the seasonal progression of the northern hemisphere. You beauties residing in the southern hemisphere may simply “flip” the year, to enjoy the January bath in July, and so forth.

Beauties at or near the equator may do as you please with the year of baths, since you do not experience the same dramatic seasonal fluxes as your lovely neighbors to the north and south.

Wherever you live, enjoy this year of baths.

I have made an effort to cover all contingencies thoroughly, so that everyone can be happy in the tub.

I have given substitutions suitable for vegan beauties and those with sensitivities to the original recipes’ ingredients.

Each ingredient is covered in order of its appearance in the recipe under its own subheading with all kinds of handy-dandy

information about its properties and uses in natural beauty, holistic health care, and ancient pagan traditions.

At the back of *A Year in the Bath*, you'll find appendices with more information on how to make a few of the easy ingredients mentioned throughout the book.

You will also find a reading list, should you wish to explore the many other uses for the ingredients found in these baths.

I wrote this book especially for you, my sisters and brothers in the Craft. I offer it to you happily and humbly with love.

Enjoy.

Love & light...Ceci

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January: The Oat Milk Bath

Recipe

1 cup oat flour, finely ground
and sifted

1 cup non-fat dry milk (instant
or baker's)

or

½ cup soya flour or instant soya
milk

or

2 cups prepared soya milk*

* You will find my recipe for
prepared soya milk in *Appendix
I: Restorative Recipes*.

Note: If you are a beauty who is
either vegan or sensitive to milk,
you will want to add to this bath
either 1 teaspoon of apple cider
vinegar or 1/8 teaspoon oil of
lemon (essential or medicinal*).

*You will find my recipe for
medicinal oil of lemon in
Appendix I: Restorative Recipes.

Purpose

The *Oat Milk Bath* is designed to
feed and refine your skin, head
toe.

It is so gentle that it is safe –and
beneficial–for the delicate skin
of neck and face.

Oats

Oats have a great deal of protein, which smoothes, softens, and repairs the skin.

In herbology, oats are administered in teas as a mildly antidepressant nervine, and as a calmative that acts directly on the central and sympathetic nervous systems.

Pagan folklore celebrates oats for their nurturing, healing, and soothing connection with Mother Earth.

Oats hold feminine, Venusian energy grounded here on the planet, and so are used extensively in spells for prosperity and love.

In homeopathy, oats are used to calm the badly frayed nerves of post-traumatic stress disorders and anxiety and panic attacks; to smoothly regulate digestion; and, in cases of alcoholism, to aid in complete recovery without severe symptoms of the detoxifying process.

Flower essence therapy employs oat to banish both chronic *malaise* and a lack of direction in life, replacing this gloom with a

clear understanding of one's life work and the enthusiasm to do it.

Oats are a perfect bath additive for the year's most overcast, chilly days, balancing the skin, mind, and nerves.

In the January bath, oats repair skin that is abundant in natural oils, blemished, broken, burned, dry, or eczematic.

Milk

Although I do not enjoy ingesting milk, I cannot say enough good things about its topical application as a beauty aid!

Dry non-fat milk, is a beauty's best friend. All milk, including both baker's and instant dry non-fat formulations, contain lactic acid, which resurfaces the skin, removing dead cells and nourishing newborn cells.

Lactic acid serums have become a hot commodity at tony cosmetic counters. However, the isolated lactic acid in these serums is not nearly as effective as lactic acid in its natural base.

All healing witches worth their

salt are already aware of the pharmaceutical dilemma of “active” ingredients not acting when removed from their original, natural food or plant base.

As long as adding milk to your beauty regimen does not violate your personal principles or elicit a nasty allergic reaction, I encourage you to incorporate it immediately.

The results of satiny, clear, glowing, youthful skin are *immediate*. You will be thrilled with how beautiful you look and feel.

In naturopathy, milk is a valued neutral healing agent, often used to swab stings, burns, abscesses, inflammations, and other “hot” skin afflictions.

Herbs, resins, or oils are often added to further speed healing.

Since milk is considered a neutral base, it amplifies the efficacy of any added healing agent.

Queen Victoria, renowned for her porcelain skin, is reported to have had a pure milk and parsley bath drawn for her

weekly to maintain her flawless skin.

Homeopathically, milk is used to relieve both the causes and the symptoms of constipation, headaches, and rheumatic pains.

Chinese medicine values cow's milk to relieve constipation, control diabetes, relieve difficulty swallowing, and to settle an upset stomach.

You beauties who support the *La Leche* League will appreciate this interesting aside: in Chinese medicine, human milk is employed to cure diabetes, difficulty swallowing, dry stools, fatigue, and to assist in weight gain when all else fails.

Allopathic health care providers used to recommend a glass of milk daily to calm and to heal ulcers.

In both Wiccan and world folklore, milk symbolizes the prosperity of self-nurturance, wealth, and joy in communal sharing, generosity, and self-sustaining creativity that grows into a dynamic concrete expression.

Surely you recall the charming

phrase, “the milk of human kindness”?

So, borrowing from popular culture, I have only one question for you beauties: “Got milk?”

The good news continues: oats and milk have been a dynamic duo for centuries, righting the wrongs of blemished skin and delivering beauties from the painful afflictions of both moist and dry eczema, acne, and unbalanced, tortured skin.

Oat milk plasters are still widely used, especially in Europe, to draw out toxins from painful sebaceous cysts, boils, and inflamed blemishes.

Both moist and dry eczema are relieved by overnight applications, and even stubborn cases have been healed with just two or three treatments.

I implore you beauties unfortunately afflicted with such distressing skin imbalances to try this plaster treatment.

Stick with it—pun intended!—and enjoy the healing and beauty offered by this wonderful, simple, pure treatment.

Let's not let a little thing like a skin imbalance conceal the gorgeous, unique, stunning creature that you and I both know you are.

Your *biggest* challenge will be to gracefully accept the fountain of compliments and admiring looks you will be receiving from everyone.

Just say, "Thank you", smile, bless Nature...and gloat a *teensy* bit.

Soya

As indicated in the optional non-dairy recipe, all of you vegan and milk-sensitive beauties can also enjoy the Oat Milk Bath.

Soya, as you know, packs quite a protein punch.

Soya milk or soya flour paste applied to the skin feeds and repairs it, leaving it silky-soft and radiant.

The *Oat Milk Bath* made with soya is so luxurious, you won't even miss the milk.

Of all naturopathic disciplines, codified Chinese medicine has

the best handle on soya's many uses.

I will list only the uses for yellow soya beans, since these are the most widely available and the most commonly used in preparations for food and health.

Soya features prominently in the very first Chinese herbal manual, *Agriculture Minister's Collection of Medicinal Herbs* (circa 300 B.C.)

Records of Celebrated Physicians, another groundbreaking text published at the close of the Han Dynasty (206 BC-AD220) touted soya as a cure for edema (water retention).

Later, Shi-Chen Li (1518-1593), China's most beloved herbalist, wrote down all he knew in *An Outline of Materia Medica* (1578), praising soya for its effectiveness in curing kidney diseases, releasing retained water, and neutralizing certain poisons.

Currently, Chinese herbalists and N.D.s use soya to treat beriberi, common colds, consistent constipation, diarrhea, iron-deficient anemia,

leg ulcers, poor lactation in animals and humans, and toxemia of pregnant persons.

Chinese health care providers strongly recommend replacing some animal proteins in the diet with soya products to prevent arteriosclerosis, congested lungs, coronary heart disease, dry and hot conditions of the entire system (including dry lips and mouth, sore throat, chest and rib pains, and urinary troubles), fatigue, hypertension, inflammations, obesity, occasional diarrhea, osteoporosis, physical weakness, and skin disorders caused by hot conditions.

Believe it or not, this is the *short* list!

The yellow soya that we will use in the vegan January bath is prized by Chinese health care providers particularly for its ability to clear urinary difficulties, to cool and lubricate the body internally, to cure edema and kidney disease, to dissolve blood coagulations, to heal swelling, to improve blood circulation, and to relieve pain.

Yellow soya offers so many benefits that suit the bath that

you may wish to try some in your January bath, regardless of your relationship with milk.

Apple Cider Vinegar

We do need to add either apple cider vinegar or an oil of vitamin C in order to provide our soya *Oat Milk Bath* with the same healing power as milk's lactic acid to resurface the skin and to support new cells.

We *want* that all-over glow of radiant, youthful skin!

Apple cider vinegar is used to cleanse, disinfect, cool, soothe, and balance the pH of your skin.

Apple cider vinegar makes a completely soothing spritz for severe sunburn when used alone or with a bit of green tea, aloe juice, or lavender tea (4:1 ratio of apple cider vinegar to selected additives).

Apple cider vinegar contains a concentrated form of vitamin C prized by naturopaths for its infection-fighting properties.

I know one 80-year-old Taurean beauty who has drunk two drams of apple cider vinegar

every morning faithfully since she was a little child.

She also uses it, mixed 50:50 with purified water, as a toner before making up her face.

She has never had a proper cold, but she *does* have the skin and teeth of any beauty half her age.

So, apple cider vinegar has amazing power to disinfect and to support your skin.

It is a lovely substitute for lactic acid.

Homeopaths and flower essence remedy therapists highly prize apple cider vinegar as a non-alcoholic base for tinctures to be taken internally.

If you use it in this capacity, do be sure to keep your tincture in a tightly capped amber dropper bottle at a temperature between 45°F and 80°F out of direct sunlight.

Chinese medicine relies on apple cider vinegar to relieve hemorrhage from the anus, nose, and stomach (including vomiting of blood); to ease genital itching by restoring one's

proper pH level; and to cure both jaundice and food poisoning from spoiled fish, meat, and vegetables.

In pagan folklore, the apple carries the divine feminine energies of Venus and water, connecting us to our hearts and our dreams.

Apples also symbolize remembrance of loved ones, both dead and gone, as well as healing losses in love.

I cannot accentuate strongly enough apple cider vinegar's value in naturopathy to balance the body's pH inside and out, to boost immune function, to cool inflamed conditions, and to draw out toxins.

Do consider exploring it as both a beauty and a nutritional aid: it is cheap, renewable, plentiful, gentle, and effective.

Lemons

Should you have a sensitivity to apple cider vinegar, never fear, my dears, because we have lemons!

We do not want your bath to curdle—that would be disgusting

and spoil all the fun—so we will use the lemon’s oil, rather than its juice.

Not to knock lemon juice, but the oil has that vital, marvelous, anti-aging, anti-oxidant, healing vitamin C oil touted by all of the best “anti-aging” serums.

For this application, we will take advantage of lemon oil’s power to gently detoxify, cleanse, balance, and moisturize the skin.

If you absolutely *must* have more lemons in the bath, slice a few wheels 1/8-inch thick and float them in your bath; the bath water will coax the oil from the fruit’s rind gradually, trapping the oil on its surface.

Or, you may give yourself a final lemon water rinse made of ¼ cup lemon juice and a ½ teaspoon oil of lemon in one gallon of warm water.

Like apple cider vinegar, oil of lemon is used extensively by naturopaths to balance the skin’s pH, as well as to cleanse, disinfect, and repair the skin.

I once worked with a Capricorn beauty who managed the organic produce department of

our food cooperative. She *loved* lemons more than anyone I have ever met! She would slice a lemon in half and massage the juice into her hands and pat it onto her face all day long to moisturize her skin.

It worked: she had a classic, clear, dewy “English” complexion, satiny soft and free of blemishes.

In my college days, I shared my house with two Taiwanese business administration majors and wound up socializing with about 40 Taiwanese students who all became as close as family to me.

Since they all partied hearty, they would faithfully take a lemon tonic each morning before tea and breakfast.

My immunity was poor, so they put me on the same regimen, and I’ve stuck with it ever since: six ounces of hot purified water mixed with two ounces of lemon juice balances your body’s internal pH in a flash.

I call it the *Taiwanese Lemon Tonic*, and it truly does work!

I've recommended it to all of my friends and clients who suffer the challenges of HIV+ status, MS, Sjogren's disease, Crohn's disease, Graves' disease, lupus, CFS, CPS, fibromyalgia, and various cancers.

Everyone who has used it consistently has had excellent results.

If you suffer from any of these health imbalances, do consider discussing the benefits of the *Taiwanese Lemon Tonic* with your team of health care professionals.

Chinese medicine relies on lemons to relieve congestion accompanied by a cough and stomach disorders featuring pain; to improve a poor appetite; to manage diabetes; and to relieve the hoarseness of an overworked voice.

In aromatherapy, essential oil of lemon is employed to dispel depression; to boost flagging energy; to encourage mental focus; to cool, relieve, and purify the entire body; to stop cuts from bleeding and bug bites from stinging; to disinfect the body and its surroundings;

to calm the nervous system; and to aid in cellulite reduction. Pagan lore honors the lemon as a symbol of enduring love, loyalty, joy in friendship, and purity.

Wiccans use a lemon bath to cleanse and consecrate their tools of the Craft and their altar spaces.

Lemons are also used in spells, consecrated teas, and foods to promote loving thoughts, feelings, and actions.

If you want a night wilder than any trip on a broomstick, serve your beloved lemon and rosebud tea at bedtime and prepare to have a few wishes of your own fulfilled!

However you choose to brew your *Oat Milk Bath*, you can be sure to enjoy a calm lift, refined and radiant skin, and the certainty that you have begun to allow your exterior to accurately reflect the enchanting beauty of your interior self.

February: Stanton Èmile's Baby Me Bath

Recipe

1/4 cup coconut milk (tinned or dry)
2 tablespoons nutritional yeast
1 teaspoon brewer's yeast
a handful of pink rosebuds (fresh or dried)

Purpose

Stanton Èmile's Baby Me Bath delivers maximum calming moisture to parched skin.

Its sumptuous fragrance and texture indulge your senses and allow you to feel pampered on those days when grey surroundings drain you of your vitality and awareness of your own beauty.

Stanton Èmile is an actual individual. He was one of my feline familiars for six fabulous years. He now presides as *le seul prince* in the home of a lovely couple devoted to ensuring the continuance of his plush life.

Stanton Èmile has exotic tastes, three of which are featured in the February bath: coconut milk, nutritional yeast, and fresh organic pink rosebuds.

He also favored *fois gras*, lobster, and valerian root, but I have found these to be unsuitable for the bath.

Coconut Milk

Coconut contains fats important for a healthy body, inside and out.

I especially like the milk: I drink it, cook with it, put it in my morning coffee instead of dairy cream (heavenly!), and use it regularly in my beauty regimen.

Coconut milk is inexpensive healthful, and altogether luscious.

You can find it quite easily in any larger grocer's "ethnic foods" aisle, along with tacos and pickled herring.

Health food stores also carry it. However, my favorite places to purchase coconut milk are the small neighborhood groceries owned by Mediterranean, Asian, Polynesian, Indian, and North African families.

It is in these marvelous shops that you will find the best quality and the best price on coconut milk.

You may purchase packets of dry coconut milk, handy for small recipes, for under a dollar US.

For larger recipes, you may purchase an 8-ounce tin, also often under one dollar US.

The proprietors of these specialty markets treat each of their clients like royalty, so do invest the time, energy, and money to establish a client-service provider relationship with your local ethnic market!

Since many of my recipes from *A Year in the Bath* require ingredients best purchased at an ethnic market, this is the perfect time to enter the magical world of world cuisine!

Okay, back to the coconuts! As a beauty product, coconut milk is a rich emollient for hair and skin alike.

Coconut milk absorbs quickly and thoroughly, giving both skin and hair a subtle, satin sheen.

The rich moisture offered by coconut milk relieves dry skin, minimizes fine lines, relaxes moderate creases, and reduces

the appearance of stretch marks and scars.

The simple formula of “water within and moisture without” can produce dramatically beautiful results in as little as two weeks, so drink your daily gallon of water, try some of the coconut recipes in this book, and prepare to be amazed at the transformation.

Coconut milk is a magical emollient. I have seen it do some remarkable damage control and complete repair, but pairing it with a daily gallon of pure water will maximize the many benefits offered by this natural moisturizer.

I encourage you, for beauty’s sake, to live like mermaids and mermen: drench yourselves inside and out with moisture! It is unlikely that you will either grow fins or look your age. (Even if you *do* grow fins, I think that might be rather fetching on you.)

In naturopathy, coconut milk, cream, oil, and butter are bases to which herbs and oils are added for topical application to scars, burns, stretch marks, varicose and spider veins, sun

damage, melanomas, and persistently dry patches.

Coconut's ability to drench the skin completely allows the added herbs and oils to penetrate the skin more deeply than they would if applied alone. This speeds healing and comfort to affected areas.

In Chinese medicine, coconut milk is used to manage diabetes, to relieve edema and fevers, to relieve sunstroke and excessive thirst, and to stop vomiting of blood.

Chinese medicine uses coconut meat to relieve constipation, to arrest premature aging, and to expel tapeworms.

Magically, coconut is a celebrated for its qualities of protecting and purifying your sexual energy.

Allied with the feminine qualities of both the moon and the element water, coconut aids in raising loyalty in the physical expression of love for your beloved, if you are currently in a relationship.

If you are currently single, coconut supports your chastity

and safeguards your loving energy for your future best partner.

We witches also use coconut to guard our personal possessions and our homes.

Currently, coconut's aromatherapeutic and flower essence benefits have not yet been quantified, so if you have the time, interest, and energy, do explore and share your discoveries with the world.

Roses

Roses are a beauty *must!* Roses, rosewater, or oil of rose (essential or medicinal) heal the skin by gently balancing your skin's naturally occurring oils and, therefore, your skin's pH.

You beauties who suffer from recurrent blemishes, excess surface oil, or sebaceous cysts will especially enjoy the beauty benefits of roses.

Roses also soothe and balance delicate skin plagued by dryness, roughness, or eczema (both moist and dry).

Basically, beauties who have been blessed with an abundance

of oil and those who haven't quite enough will all benefit immeasurably from roses.

Chinese herbology is full of codified, charming tales to explain the properties of the healing herbs in their ancient and extensive *materia medica*. I will share the one involving roses.

A goddess had seven lovely daughters for whom she threw a party to celebrate her adoration of them. She cooked many delicacies laced with seven flowers, each honoring one of her daughters. Her daughters were delighted!

The magical flowers, of course, made the girls even lovelier and forever young. These were sweet, compassionate girls, so they begged their mother prettily to give these seven flowers to mortal women on Earth, so that they, too, could be even *more* beautiful and youthful.

This pleased the goddess immensely: she granted the kind request of her daughters and planted the seven sacred flowers on Earth.

This is the reason that the blooming herbs in Chinese medicine are so particularly suited to improving women's health.

The rose is traditionally considered one of the seven sacred blooms of this generous goddess.

In Chinese herbology, roses are used to regulate blood circulation, to relieve dysentery, to balance irregular menstruation, to cure mastitis and abnormal vaginal discharge, to stave oral and intestinal hemorrhage, and to reduce swelling.

Naturopathy values the rose as a calmative, nervine, stomachic, and tonic.

Roses heal all common skin imbalances.

Rose is employed to balance all feminine hormonal and blood disorders.

Rose is also a superlative toning calmative for both the liver and nervous system when recovering from alcoholism.

Homeopathy relies on the Damascus rose particularly to head off hay-fever that settles in the Eustachian tubes; to clear the Eustachian tubes; to improve hardness of hearing; and to relieve tinnitus (ringing in the ears).

In aromatherapy, rose essential oil is used to reduce anxiety, especially in clearing the crises attendant to survival of severe abuse, PSD, schizophrenia, and other psycho-emotive states that tax the nervous system and drain the adrenal glands.

Aromatherapists also use rose as an analgesic (pain killer), an anti-depressant, an anti-inflammatory, an aphrodisiac, a calmativ, a systemic restorative, a systemic tonic, and as a skin-healing agent.

In flower essence therapy, rose is used to aid in the release of deep terror, panic, and a paralyzing fear of obliteration.

With time, rose flower essence remedy brings forth a peaceful, tranquil courage in the face of life's challenges—big and small. In pagan lore, the rose is employed to ensure true and lasting love, to bring good luck

rapidly, to increase psychic abilities, and to protect oneself, as well as one's property and loved ones.

During my Lammas (August 1st) ritual, I do like to float rose petals on the water in which my fish lives and to stroke my feline familiars' bodies and auras with a long-stemmed rose as I bless them.

My witchy little lady cats sit quietly or dance as I respectfully ask the Lord and the Lady, my ancestors, and my guides to also bless my interspecies children.

As you can see, roses are beautiful and hard-working, just like you...so toss a few in the bath and enjoy.

The February bath is loveliest with fresh pink rosebuds or petals. Pink is a soothing, nurturing power color, which is why I strongly recommend the pink roses for this bath.

However, if you find that coral, orange, yellow, white, blue, lavender, black, or red roses foster a profound sense of self-worth and tranquility, then by all means use your "power color" of roses instead.

Often you can purchase “day old” roses for a fraction of the price fetched by fresh ones at your local grocer or florist.

Sometimes churches or funeral parlors are overrun with unwanted floral arrangements.

When I was very young and hadn't room for a garden, I knew an eccentric sexton at a well-established Protestant church who would bring me all of the unwanted floral arrangements from the sanctuary and the “memorial room”.

You will be amused to know that he was an agnostic who always admonished me to cleanse the flowers physically and energetically before using them for spells, teas, and beauty treatments.

As morbid as it sounds, you may wish to explore this option, as long as you have time to do a thorough cleansing ritual, including intentional redirection and soaking the blooms in a hydrogen peroxide bath to clear them of any chemicals. If you are using food grade hydrogen peroxide, add ten

drops to every gallon of cold water.

If you are using pharmaceutical grade hydrogen peroxide, then use one tablespoon to every gallon of cold water.

Of course, the *best* fresh roses come from your garden. There are several varieties that thrive in containers or are vigorous climbers, if you do not have land, and a few varieties that do exceptionally well indoors.

You will want to choose your roses based on your agricultural zone, available sunlight, available space, and your personal preferences.

For beauties sporting a green thumb, you can grow your own rosebushes from either fresh or “day old” roses:

1. Cut off the blossom.
2. Cut the bottom of the stem at a 45°.
3. Dip the newly-cut bottom of the stem in rooting hormone powder.
4. Plant the powder-coated base in well-watered potting medium. Cover the

planted stem with a
Mason® jar in a sunny
location. Take the jar
off from time to time
to prevent too much
moisture build-up.

Within 12 months, you should
have your very own rosebush!

If you are unnerved by twigs,
fruits, flowers, and spices
floating around in your bath,
then do consider substituting
either rose water or oil of rose
(essential or medicinal) for the
rose petals or rose buds of the
original recipe.

I know a lovely and tranquil
Pisces beauty who wished to try
one of my bath concoctions but
balked at the idea of sitting in a
tub surrounded by plant bits.
She did not find the prospect
soothing or relaxing.

So I made her a bath tea, tying
up all of the ingredients in a
vintage hanky with a bit of satin
ribbon to suspend from the tap.
(A clean old cotton sock works
just as well in a pinch.)

That way, she enjoyed all of the
sensory and beauty benefits of
the bath without feeling as

though she were soaking in an aromatic swamp.

Rosewater is a lovely substitute for dried rosebuds in the bath.

Rosewater can be had for less than three dollars US at one of those marvelous ethnic markets that I recommended for coconut milk.

On its own, rosewater makes a refreshing, healing skin toner, applied to the face and neck as a spritz or with a bit of cotton wool.

Let it air dry on the skin, then apply your moisturizer and make-up.

It is the finest single-ingredient toner that I have yet found for skin challenged with either an overabundance or a dearth of naturally occurring oils.

Rosewater tends to balance the pH of any skin.

Oil of rose is another option for your bath.

Essential oil of rose is rather costly, since it is expressed from the fresh rose petals of a single cultivar. It takes hundreds of pounds of rose petals to make

just an ounce of essential oil of rose, which explains the cost.

If you are a prosperous beauty, you may wish to indulge in the finest essential oil of rose, attar of rose, which is made from the Damascus rose.

This particular cultivar has, for centuries, been the darling of perfume makers, royalty, and great beauties. It has the most exquisite, concentrated scent of any rose.

The Damascus rose has graced the palaces of Turkish, Persian, and Moorish royalty throughout the past 2,000 years.

Built by Ismael I, in the 9th century AD, then renovated by Muhammed V in the 13th century AD, the palace at Alhambra features Damascus roses along its central reflecting pool and tranquil water concourses. The petals fall and float on the water's surface to delight the senses.

Nutritional Yeast

Nutritional yeast calms the nerves by delivering a large dose of B vitamins to your system.

When taken internally, B vitamins provide crucial nourishment to the central nervous system, the parasympathetic nervous system, the brain, and the vital organs.

My personal herbalist told me that vitamin B complex is the one single supplement which everyone should take daily to be well. I take nutritional yeast and a B complex every day and have found both very beneficial to maintaining good health.

Delivered in a bath, nutritional yeast is a powerful calmative that also refines the skin's texture to a satiny finish.

I have found that nutritional yeast in the bath also improves circulation.

Nutritional yeast is a fine bath additive.

Naturopathically, nutritional yeast is used to tone and to cleanse both nervous systems, balance the endocrine system, improve brain function, and to tone and heal all of the major internal organs. It is an important strengthening

supplement for the body's total immune function.

In pagan ritual and spell craft, nutritional yeast invites restful sleep with sweet dreams, celebrates peace, encourages a grounded and joyful connection with one's life, and honors the feminine, life-affirming, nourishing aspects of the earth element.

This connection with the earth makes it a lovely substitute for salt to represent the earth element on your altar or in sachets when working spells and rituals for love, physical healing, and stability.

All in all, the February bath should provide you with a sense of well-being, peaceful joy, and of being nourished by the divine principle.

Of course, you will also emerge from this bath with very smooth, silky, dewy, glowing skin.

May you feel that all is right in your world as you enjoy babying yourself in this very peaceful bath.

March: Marie Antoinette's Beauty Bath

Long before she lost her head
over that careless little comment
about the cake, Marie
Antoinette lost her head about
beauty.

Being a Scorpio *and* a queen put
her in a good position to try
everything and decide what
suited her best.

Some of Marie's ideas were
better than others: the lead face
powder with glitter stars was
not so good, but her personal
beauty bath was an unqualified
success.

In fact, she was so pleased with
the results that she *insisted* that
all of the girls on staff and her
girlfriends at court use this bath
on pain of losing her favor.

Since reports vary on the actual
ingredients, I split the balance
of ingredients listed in several
recipes to achieve the purported
results.

Queen Marie was really mad for
this bath, and so am I, because
the results are *amazing*. Marie
Antoinette's Bath resurfaces and
gently polishes the skin to a
flawless finish.

Beauties suffering from the ravages of eczema will especially appreciate the soothing, healing benefits of this bath.

So treat yourself like royalty with the March bath and have the complexion of a lead-free beauty queen.

Recipe

½ cup whole wheat bran
or
¼ cup wheat berries
½ cup oat bran
¼ cup steel-cut oats
¼ cup nutritional yeast
¼ cup milk (instant or bakers’)
or
½ cup prepared soya milk
or
¼ either instant soya beverage
or soya flour
or
¼ cup coconut milk or coconut cream

Purpose

The March bath thoroughly resurfaces the skin, while delivering precious moisturizers that clear, heal, and brighten the complexion.

Wheat Bran

Wheat bran, as we all know, contains marvelous fiber that is excellent for keeping your insides clean as a whistle.

Naturopaths use it as a base for poultices and plasters; as a calmative, nervine, and sedative; to relieve food allergies; and as a nutritive thickening additive to cleansing, nourishing, and toning broths.

I use it in some of my dusting powders and face powders, if I need wheat bran's particular healing properties during the cold months of the year to maintain a beautiful complexion.

Occasionally, homeopaths will use wheat to reduce and remove allergic symptoms caused by foods, toxins, pollens and molds, or weather changes.

In flower essence therapy, wheat may be used to open up an individual to the nurturing, joyful aspects of life, increasing courage and soul development.

In pagan lore, wheat is sacred to Ceres, the Goddess of Wheat, also the mother of Persephone. Ceres, as the original "snow bird", represents self-

nurturance, familial love,
friendship, loyalty, sustenance,
completion of projects and
goals, fairness and objectivity,
keeping promises, and the
transformative circle of death
and birth.

In pagan folklore, wheat
represents the feminine qualities
of both Venus and the earth
element.

Wiccans value wheat's qualities
of sustenance, prosperity, and to
increase the chances of
conceiving a new little witch.

I like to keep a little in the love
and prosperity corners of my
home to remind me that,
despite the apparent cycles of
abundance and lack that occur
on Earth, Nature is rich, and so
therefore are we, and that there
is enough.

I have wild wheat intentionally
growing in my garden: its
purpose is to feed the world
energetically and to encourage
wheat and other grains to grow
abundantly in famine-struck
regions.

I invite you to join me in this
practice, for it is powerful and

true to wheat's abundant and friendly spirit.

In Marie Antoinette's Bath, we will use the wheat bran to gently polish and resurface the skin without causing irritation to broken or compromised skin.

If you have a sensitivity to wheat, in part or in whole, for heaven's sake, do not use wheat when crafting your March bath.

Instead, double the amount of either oat bran or steel-cut oats and add a teaspoonful of soya oil for its vitamin E content.

If you wish, you may also puncture a few 400 I.U. vitamin E capsules and squeeze the oil into your bath once it is drawn.

If you do this, *please* be careful getting out of the bath, as the oil may make the tub's surface slippery. Use caution leaving the bath *whenever* you use a bath crafted with oils.

Casts and lying in traction can definitely detract from the beauty of your fabulous after-bath complexion!

Wheat Berries

Wheat berries are the whole fruit of the plant. They contain the bran, the germ, and the hull—truly a “whole food”!

Wheat berries are a lovely addition to any stew, bread, muffin, or main dish of vegan or vegetarian design.

Wheat berries provide roughage that safely cleanses the entire digestive system, absorbs and amplifies the delicate harmony of flavors in food, and sates the appetite, all functions that lead inevitably to impressive and consistent weight loss.

Just drink your gallon of pure water every day as you eat your wheat berries and you will see what I mean.

Better yet, if you add in two daily cups of ginger green tea, you will soon be as slender as a reed!

Wheat berries also offer one of the finest sources of vitamin E and other lipids necessary for top-flight brain and nerve function.

The vitamin E and lipids in wheat berries are located in the germ. They are easily

assimilated, which makes wheat berries, wheat germ, and wheat germ oil absolute favorites of naturopathic dieticians.

In both aromatherapy and healing touch modalities, wheat germ oil is a prized “carrier oil” in which other essential and medicinal oils are suspended to effect healing when applied topically.

Savvy parents know that a little spoonful of wheat germ oil and olive oil in a 3:1 ratio will ease and prevent constipation more gently and safely than either heavier oils or artificially colored and flavored commercial preparations.

This works great for adults, too, as long as you use a ratio of half wheat germ oil and half olive oil.

Naturopathic dermatologists *love* wheat germ oil’s ability to speed the healing of burned, deeply cut, pitted, or scarred skin and the ravages of both moist and dry eczema.

I especially enjoy using wheat germ as a carrier oil for concentrated vitamin E oil with essential oils of lavender and/or

rose to treat for these difficult skin conditions.

Oat Bran

The culinary uses for oat bran are identical to those of wheat bran listed above.

The naturopathic uses for oats are fully discussed on page 2.

Oat is such a fine calmative and nervine that I just have to share with you a particularly lovely use for it:

- If you suffer from poor sleep or general restlessness, you may either sew or purchase a pillow case with a side zipper and absolutely *stuff* it with oat bran.
- You will want to compost the original stuffing and replace it with new stuffing every three months.
- For added relaxation, I like to add any of the following dried herbs: catnip blossoms or leaves, citrus leaves or peel, lavender blossoms or leaves, lemon balm blossoms

or leaves, valerian root powder (just a *smidge*, because it is a *powerful* sedative), or yarrow blossoms or leaves.

If you do not have a sensitivity to wheat, then do add wheat bran as well. This creates a light, fragrant, and peaceful pillow.

I call these “Peaceful Pillows” and have made them for friends recuperating from illness or clearing a very anxious experience in their lives. The Peaceful Pillow is so simple and easy to make and a real joy to give.

I craft mine at either an equinox or a solstice, providing my recipient with fresh stuffing at each successive solstice or equinox.

Here are a few guidelines regarding moon phase for crafting this lovely gift:

- If you are a Wiccan beauty wishing to create a Peaceful Pillow, craft it during a full moon ritual to charge the pillow to bring calm to its user.

- Craft the Peaceful Pillow during a new moon ritual to charge it to ward off anxiety or illness.
- After looking deeply within, your intuition will tell you which moon phase will best suit the purposes of your Peaceful Pillow.

In the March bath, oat bran gently polishes the skin, delivering rich, healing moisture that gives a satin glow to the entire complexion.

Oats balance the skin's natural oils, and so are acceptable for all skin types in the daily beauty regimen.

With consistent daily use in your beauty regimen, oats will tend to take off years, smooth lines and wrinkles, and give you a deeply radiant, creamy glow.

Oats

You will find a full discussion of the many benefits and uses of oats in the January bath.

Nutritional Yeast

For a full discussion of nutritional yeast's benefits and uses, refer to the February bath.

Milk

You will find a full discussion of milk's many benefits and uses in the January bath.

Both vegan beauties and those sensitive to milk will wish to substitute the milk in this recipe with either soya or coconut milk. Since both have been fully discussed in the January bath and the February bath, you may turn to the pages indicated below to refresh your knowledge of their benefits in and out of the bath.

Soya

A full discussion of soya's many benefits and uses appears on pages 6 and 7.

Coconut

For a full discussion of the many benefits and uses of coconut, flip over to the February bath.

You may wish to bundle all of the dry ingredients together into a handkerchief or a clean, 100%

cotton sock to suspend from the tap.

I do recommend this method for Marie Antoinette's Bath, because you can double the benefits by following these simple steps:

1. Soak for 45 minutes to an hour.
2. Remove your bath tea bundle from the tap.
3. Use the bundle to gently polish your skin from toe to head, using a gentle circular motion, always directed toward the heart.

Your skin will glow as softly as fine silk from the loving self-care that a good soak and a gentle resurfacing massage provide.

Now, please go look at yourself in a full-length mirror and *love* what you see: you are Nature's beautiful, pampered royalty.

Exquisite.

April: The Honey Bunny Bath

Recipe

1 tablespoon honey
or
1 tablespoon unrefined sugar
1 teaspoon fresh celery (finely
diced)
or
1 teaspoon celery seeds (dried)
1 tablespoon fresh carrot
(grated)
1 cup coconut milk (tinned or
dried)
6 to 12 fresh daisy blossoms

Purpose

The *Honey Bunny Bath* provides that special balance of peaceful invigoration and refining moisture needed as winter's dry, cold snows thaw into spring's cool rains.

Honey

Honey is an antibacterial emollient. It delivers rich moisture and neutralizes toxins and bacteria not native to your skin's surface.

For you beauties troubled by recurrent, painful, deep-seated blemishes, honey will help to

dispel those difficulties and prevent their reappearance.

Of course, you know that Cleopatra slathered honey all over her gorgeous self and used it, with beeswax, to condition her henna tresses. It became quite the rage.

The Egyptians even used honey as an embalming salve for the bodies of their dearly departed, and even today they look fantastic, although they've been dead for millennia.

Hey, if honey can make a corpse look good, imagine what it can do for you!

In naturopathy, honey is administered internally to balance the thyroid and blood sugar levels, to kill infections of the respiratory and alimentary systems, to bolster overall immunity, to ease constipation and a “tricky tummy”, and to bring eating disorders into balance.

Honey is applied topically to kill viruses and bacteria; to moisturize and balance skin compromised by infectious conditions;; and to heal deep wounds, scars, and serious

burns; and to relieve hemorrhoids. (A honey enema is also employed for this purpose.)

Chinese medicine employs honey to relieve all circulatory, digestive, pulmonary, and respiratory disorders; to heal oral difficulties, such as gingivitis and mouth cankers; to heal burns; to manage diabetes; and to repair liver damage.

Honey is our friend once we pass our “terrible twos”, when we finally develop the proper range of enzymes to safely digest it.

In Wiccan folklore, honey represents love, a deep sense of community cooperation, Nature’s dynamic *joie do vivre*, the pleasures of industrious creativity, and the feminine, loving energy of the earth element.

For the bees, work is play and play is work, providing us an excellent example of the joyful devic principle of “work-play”.

When I need to incorporate more of this into my daily physical life, I cast a big circle and do a little honey spell to

remind me of this sacred law of Nature.

Unrefined Sugars

Vegan beauties will want to substitute the gorgeous, unrefined African and Polynesian sugars available through purveyors of health foods, ethnic foods, and fine teas, either local or mail order.

Unrefined sugars deliver glorious moisture as they gently refine your skin, much like honey.

To the unrefined sugar of your choice you will add a teaspoon of a menthol-bearing herb to enjoy the antibacterial properties supplied by honey.

A full discussion of the uses and properties of these menthol-bearing herbs may be found on pages ***.

The most powerful and accessible menthol herbs are peppermint, spearmint, lavender, oregano, thyme, and—to a lesser extent—tarragon.

An herbal tea bag of any of these will suit your purpose.

Tarragon is my absolute favorite for the vegan Honey Bunny Bath, but do “experi-mint” to find your personal magical mix.

In fact, holistic health care providers from both Western and Eastern traditions prescribe tarragon regularly to treat for dry coughs, thirst, and stomachaches—all considered systemic “dry” conditions.

In Chinese medicine, sugar cane is a specific remedy for alcoholism, constipation, dry coughs, and vomiting.

In homeopathy, sugar cane is employed as an antiseptic, a heart strengthener, and a systemic lubricating tonic.

Homeopaths also look to sugar cane to improve dim vision.

Sugar cane is a big favorite among witches for love and lust spells.

Has your love life lost its fizz?

Toss down some sugar and cinnamon on the floor around your altar and sweep it all up with your besom. Now that your area is clean, light a pink or red candle. Sip a little honey in

fruit juice, mineral water, or wine. Chewing on a bit of fresh sugar cane, work your magic for passionate love between you and your beloved.

Be sure to take a little nap after closing your circle, because this spell works *fast*, and you may not get any sleep once night falls and the passion rises!

Celery

Celery is a sedative nervine and a clarifying tonic.

Celery cools congested, inflamed conditions through internal or external application.

In naturopathy, celery is employed to break fevers; to recalibrate blood flow; to relieve inflammation; and to cool “hot” conditions, including sunburn.

Naturopaths use celery in cases of HIV+ status-related pneumonia, post-traumatic stress disorders, some forms of ADD and HADDs, all autoimmune deficiency syndromes, depression, and chronic sleep disorders, because of its profound abilities to increase oxygen intake throughout the body, to bolster

cell strength, and to improve mental function.

Chinese medicine relies on the celery stalk to heal circulatory disorders, the root to stop vomiting when used in a soup with licorice and an egg, and the seeds to calm twitching and muscle spasms in the same way that homeopathic zinc does.

Celery is taken as a tea to balance and tone both nervous systems; to support the immune system; to calm anxieties; to promote clear linear thought; to calm the deep cough and to clear the congestion resulting from respiratory infections; and to ensure peaceful, refreshing sleep.

In flower essence therapy, celery is considered a “specific” (a sure-shot, must-use-first remedy) for balancing the immune system during periods of stress, exhaustion, distress, and recuperation from extended respiratory infections.

Aromatherapy employs oil of celery to aid in cellulite reduction, to alleviate depression and tension, to calm the nervous system, to purify

the entire system, and to encourage restorative sleep.

Pagan folklore honors celery's masculine energies of both Mercury and the fire element.

Witches rely on celery's ability to increase both mental focus and psychic acuity, as well as its ability to keep the home fires burning brightly.

Think, "Mad, passionate love with your beloved for the rest of your lives and beyond," and you have the picture.

If the legends are true, when you chew the seeds, you, too, can receive all of these benefits.

In the April bath, celery delivers calm, clear thought, easy breathing, support to every cell to heal and clear skin, and a positive mind set.

You will feel at once relaxed and gently energized.

Carrots

Carrots owe their outrageously happy hue to beta carotene, an effective immune-booster and a powerful anti-oxidant.

Beta carotene converts to vitamin A as your body requires it.

Beta carotene is a particularly industrious free-radical scavenger, which means that consistent intake can be one of your best anti-aging allies.

In addition to carrots, squashes, pumpkins, papaya, and mangoes all have substantial amounts of beta carotene. Do try each of them and incorporate your favorites into your daily diet.

Of course, if you over-do, your enthusiasm for beta carotene will show—sometimes rather dramatically!

One Virgo beauty that I knew long ago was a fanatic advocate of the many health benefits of juicing.

She told me of her friend who had drunk so much carrot juice that her skin began to turn a bit orange.

Being resourceful, this girl popped a niacin capsule every day for that healthy blushing glow and applied a natural sunless tanner.

You *can* have too much of a good thing, but a little carrot juice, a smidge of niacin, and a little sunless tanner may just give you that sun-kissed glow that you crave.

Naturopathically, carrots are used to improve vision, increase the benefits of light therapy, boost the immune system, eradicate toxins (particularly those found in the alimentary canal), tone the liver, and to regulate sugar and fat absorption.

Flower essence therapy uses carrots after a grave trauma to ensure adjustment of the nervous system, the parasympathetic nervous system, the brain, and the body's immune functions after the client has begun to stabilize.

Carrot flower essence remedy is also used to treat depression, post-traumatic stress disorders, and disorders involving poor mental focus.

Chinese medicine looks to the carrot to soothe coughs, to stop chronic diarrhea, to calm indigestion, and to ease difficulty urinating.

Pagan folklore celebrates the carrot as a symbol of love, lust, and fertility.

The carrot, like its garden neighbor, celery, embodies the masculine energy of the fire element.

Carrots are sacred to Mars.

Any of you witchy women wishing for a little Wiccan to carry on the Craft could munch some carrot seeds.

You Wiccan men folk can crunch on carrot sticks to banish impotence and allow Mars to awaken your passion.

Since a good witch shares her/his best love spell secrets, here's one from the kitchen.

One of my favorite "love dishes" to serve my beloved is lightly steamed carrots bathed in soya oil and dusted with demarara sugar and cinnamon.

We tend to miss our bedtime when we have this for dinner.

In the April bath, we add carrots to refine the skin by delivering pro-vitamin A (beta carotene) and to lift the spirits

as we look toward sunnier
happy times.

Coconut Milk

If you have read up on the
February bath, then you are
already familiar with the myriad
benefits of coconut milk.

If you have yet to be
introduced, take a peek at the
February bath for a full
discussion.

Daisies

Adding a fistful of daisy
blossoms to this bath, either to
diffuse at the tap as a bath tea
or to float about you, will do
more than cheer your spirits and
help you to “think spring”.

Daisies assist in soothing all
muscle soreness.

Daisies heal bacterial, viral, and
mechanical traumas to the skin
and ease stiff joints.

Naturopathically, daisy tea,
tinctures, or tablets are
administered after surgery to
ensure system stability and to
speed healing.

The daisy is a favorite remedy of pregnant persons, as it addresses the dizziness, lameness, insomnia, weakness, and varicosity inherent in gestation.

The great homeopath, Dr. Burnett, says of the daisy, “It is a princely remedy for old laborers, especially gardeners.” Hear, hear!

Daisies relieve rheumatic inflammations like arthritis, bruises and varicosity, and all “girl gear” strains and pains (think PMS, menopause, cramps).

Daisies relieve painful muscles, joints, and tendons grown sore from overexertion or exposure to cold or damp, as well as clearing skin afflictions, including boils, sebaceous cysts, and severe acne.

In flower essence therapy, the daisy is used to integrate individual ideas and experiences into “the big picture”, so that an individual can use all of that information in a positive way, instead of just sitting around thinking about it.

So, the pattern of healing for daisy, our blooming Prince Charming remedy, is to ease the pain caused by strain or trauma by bringing the parts back together into the balance intended by Nature.

This, of course, explains the daisy's position in pagan folklore.

As the daughter of both Venus and water, the daisy brings new energy to your love, heals the pain of a lost love, and can even bring back an absent love, should that be in everyone's best interests.

Perhaps a few daisies in the bath wouldn't be such a bad idea: you'll feel refreshed, less sore, and more cheerful.

Using daisies in your beauty regimen consistently over time will reduce the soreness and inflammation associated with arthritis and overworked muscles, joints, and tendons.

A daisy decoction spritz is a lovely treat for your hard-working muscles and feet.

To learn how to make your very own spritzes, just turn to *Appendix I: Restorative Recipes*.

If you are a pregnant person, do use daisies in your bath, in addition to daisy medicinal oil all over, provided that you clear use with your healthcare team.

You will suffer less and enjoy a quicker, more healthful recovery.

For instructions on how to make medicinal oils, take a peek at *Appendix I: Restorative Recipes*.

I love the relief that this April bath provides from the damp, chilly aches brought on by April showers.

I am also delighted with the clarity of my skin after this bath.

I trust that you'll find the *Honey Bunny Bath* comforting, healing, and cheerful.

May: The Genteel Garden Bath

Recipe

1 tablespoon lady lavender
(fresh or dried)
1 tablespoon mint, any kind
(fresh or dried)
1 tablespoon lemon balm (fresh
or dried)
½ a lemon (sliced into 1/4-inch
wheels)
6 daisy blossoms (fresh)

Purpose

The May bath evokes those gentle alpha-dreamy moments when awareness extends beyond your five physical senses as you sit in your sunny herb garden listening to the bees work and the birds sing.

It is a warm refreshing, and comforting tonic.

In this moment, you sense that all is right in your world and that your true prosperity lies in your well-being.

If you've never had this magical moment, I fondly wish it for you soon.

In the meantime, you can experience a reasonable

facsimile of it while soaking in the refreshing, restorative Genteel Garden Bath.

This bath deeply and gently cleanses and tones the skin.

It is a mild—but powerful—tonic for body and mind.

The May bath will clear the blemishes from your skin as it clears the fog from your mind.

For you beauties recuperating from surgeries, burns, bruises and contusions, or excessive distress, this bath is a gift from Nature that will speed healing and bolster your courage to continue getting well.

However, you need not have “been through the mill” to enjoy this lovely, refreshing bath: it is very kind to skin in almost any condition.

Lavender

All varieties of lavender contain extraordinarily high levels of menthol compounds.

These menthol compounds are powerfully antiseptic and work just as well in the natural herb base as they do expressed in

essential or medicinal oil of lavender.

Lavender, applied to the skin, keeps it free of harmful bacteria.

Lavender, being slightly analgesic, speeds healing from the smallest blemish to the largest incision or burn.

Naturopathically, lavender is used as an antiseptic, an analgesic, a stomachic, and a calmative.

When taken internally, it tones the colon, the kidneys, and the liver; improves respiration; relieves fluid congestions; settles the stomach; encourages clear thought; and steadies the nerves.

External application cleanses wounds, relieves fluid congestions, promotes skin repair, lifts the spirits, and relieves headaches (including migraines!).

Lavender is widely used in palliative end-of-life care, severe burn cases, major depression, and all degenerative diseases of which memory loss is a component.

In flower essence therapy, lavender is employed to calm the nerves and to bring balance to the highly sensitive individual.

In aromatherapy, lavender is used to treat sinus and respiratory infections, headaches, severe burns, and all skin afflictions; to enhance and support all brain functions, including memory and clear linear thought; as well as to ease extreme anxiety due to delicate nerves.

While writing or painting, I always keep a bottle of lavender essential oil and a lavender-green tea hydrating spritz at hand to maintain focus and to remind me that my work is a sacred gift back to Nature.

To make your own hydrating spritz, go to *Appendix I: Restorative Recipes* at the back of this book.

For all good pagans, lavender represents the highest vibration of cosmic love, joy, and purity.

Lavender is sacred to Mercury, carrying the air element's masculine vibration.

We witches use lavender in rituals to promote happiness, healing, peace, and protection.

Although lavender is not a magical specific for prosperity, its powers lend themselves well to spells for every success.

When friends ask for spells to build and improve their businesses or to succeed in some aspect of personal growth, I always add a generous amount of lavender blossoms and oil to their sachets and anointing oils or potions. It's never failed yet.

When I am asked to do healing rituals for friends who are suffering from the ill effects of insomnia or past violence, lavender is the first herb that I charge, since it is one of Nature's most powerful, peaceable protectors of animals, plants, people, and places.

Lavender works quickly and fully in these circumstances, especially on the full moon.

In the May bath, lavender will soothe and purify trouble skin, refresh the senses, and calibrate both nervous systems to provide a sense of well-being.

I wish to share with you one of my many amazing healing experiences with lavender.

Several years ago, I had a prolonged illness which I treated naturopathically, until it became evident that surgery was the only way to bring my body into balance.

While removing the offending matter, the surgeon accidentally cut one of the four main arteries in my abdomen.

I danced with death, and received more than a wine bottle's worth of someone else's blood.

After a protracted recuperation, the adhesions on the inside of my incision were very large, lumpy, and painful.

I immediately began dousing the incision with pure essential oil of lavender and vitamin E oil.

I went through quarts of lavender oil, but it worked!

Within a year, my scar was smooth; within two years, it was nearly undetectable. It continues to fade.

I have always loved lavender especially, and this amazing experience just gave me one more reason to do so.

If you are recuperating from either surgery (especially with a large incision) or severe burns, why not speak with your team of health care professionals to see if lavender essential oil and vitamin E oil are appropriate options for you as you continue your healing?

Mint

Mint encompasses a large family of indigenous and cultivated species.

Although each species has specific properties that are honored individually in the naturopathic disciplines, all mint species have certain universal healing qualities.

All, of course, contain an abundant amount of menthol compounds, which give the mint family its antiseptic, analgesic, refrigerant, and tonic properties.

The menthol also accounts for that peppery taste and smell common to all mints.

Naturopaths often employ mint to support clients suffering from CFS, CF, MS, CPS, PSD, lupus, Graves' disease, Crohn's disease, Sjogren's disease, fibromyalgia, HIV+ status, and all other auto-immune deficiency syndromes; to alleviate the chronic pain of diseases like rheumatoid arthritis, migraines, cancer, and cluster headaches; to reduce anxiety and depression; and to support proper brain function and mental focus for clients suffering from ADD, HADD, and endocrine-based mental illnesses.

Herbologists use the mint family to heal respiratory illnesses; to increase free breathing; to soothe sore muscles, joints, tendons, and cartilage; to relieve head and ear aches; to eliminate nausea; and to balance the digestive system, by encouraging a more alkaline pH.

In flower essence therapy, various mints are used to encourage mental clarity, the ability to be healthy, aware, and dynamic in the present moment.

Homeopathy relies on the mint family to balance serious gastro-

intestinal disturbances, aches and pains, and respiratory ailments.

Aromatherapy uses mint to ease breathing, to encourage mental focus, to dispel sluggishness due to systemic pH imbalance, to ease grief and shock, and to generally alleviate severe pain.

Chinese medicine prizes Korean mint for its ability to improve digestion, to inhibit influenza, to warm the entire peritoneal cavity and its resident organs, to jumpstart the spleen, to balance the stomach, and to stop vomiting. (In these conditions, it is often employed with its “sister” herb, boneset.)

In the pagan tradition, the mint family collectively represents dynamic balance, protection, multi-dimensional healing, calm, courage, peace.

The mint family also protects and supports visionary and psychic intuition.

Pagans recognize the mint family as an expression of the nurturing, androgynous principle of Venus, often expressed as Venus’s higher vibration, Neptune.

Choose any mint that particularly draws you for the May bath.

Chances are that you need its specific healing properties. Your body knows exactly what it needs to be perfectly well, so be still, listen to your body's intuition, and follow it.

No matter which mint you choose for this bath, you will experience pain relief, improved respiration, and balanced clarity on the mental, emotional, spiritual, and physical levels.

In other words, you'll be clear-headed and mellow enough to be happy about your clear, glowing, beautiful skin!

Lemon Balm

Lemon balm is a gentle antidepressant, astringent, calmative, nervine, and sedative.

Of all the medicinal herbs that I use on a regular basis, lemon balm is the mellowest and the least likely to cause an unpleasant reaction in even the most sensitive individual.

Naturopathically, lemon balm is used to gently cleanse and tone

injured, inflamed skin; to balance and tone the female reproductive system; to reduce menstrual discomfort, PMS, and the general *malaise* of menopause; to calm anxieties; to promote deeply peaceful sleep; to tone and strengthen blood vessels and capillaries; to reduce bruises and varicose veins; and to purify and balance the body inside and out.

Lemon balm is, with rare exception, safe for pregnant, lactating, and menopausal people to use, which is why it is one of the few herbs that naturopaths employ to support women throughout their lives.

In flower essence therapy, lemon balm is employed to release deep-seated anxieties and emotional trauma, and to secure integration of all of one's experiences with peaceful, intuitive wisdom.

Aromatherapy relies on lemon balm to reduce and to eliminate nightmares, anxiety attacks, and panic attacks; to reduce the distressing symptoms of anxiety disorders; to balance, tone, and calm the female reproductive system; and to reduce the discomfort of menses,

pregnancy, and all phases of menopause.

Lemon balm oil also encourages a sunny, happy, peaceful mindset, making it useful in treating depression and SAD (seasonal affective disorder).

In pagan folklore, lemon balm gently purifies body, mind, and spirit; banishes nightmares; promotes refreshingly deep and dreamless sleep; invites happiness; protects and aids women; balances the *anima* (feminine side) of all individuals; and encourages a dynamic, harmonious balance on all levels.

In the May bath, lemon balm will gently tone and balance the skin, improve circulation, and promote happy thoughts.

Ladies, lemon balm will balance your “girl gear”, too! (This is a *great* PMS or hot flash bath, girls!)

Lemon

For a discussion of the benefits of lemon wheels in the bath, flip back to the January bath.

Daisies

You will find the benefits of daisies in the tub discussed in the April bath.

Enjoy the peaceful, light-hearted sense of well-being offered by the Genteel Garden Bath.

When it's hotter than the hinges of Hades, this is a nice bath to make in a 10-foot diameter "kiddie" pool.

Just toss in the ingredients (loose or secured in either a hanky or a clean, pure cotton sock), let the sun brew it for you, and lie right down in that cool water to relax and refresh yourself.

You'll find you're bright and blooming no matter how high the mercury creeps.

However and whenever you decide to enjoy this bath, may you be renewed and refreshed, and may your skin be radiantly beautiful.

June: The Double Mint Bath

Recipe

1/4 cup each, fresh peppermint
and spearmint

or

2 tablespoons each, dried
peppermint and spearmint
1 cup baking soda
2 tablespoons hydrogen
peroxide

Purpose

Nothing could be finer for
overheated muscles and skin
than the cool and relaxing
healing of *two* mints in *one* bath!

The June bath is designed to
ease the strain, aches, and pains
of “weekend warriors” who,
now that they can garden, mow,
build, and exercise,
enthusiastically over-do their
fun in the sun.

If you tend to occasionally
overestimate how much you can
do or how spry and limber your
beautiful body actually is, this
bath is a nice, positive way to
ease the “ouch” of such
optimism while bringing your
body back into balance.

Now that you know about some of the more common fruits and flowers that you can float in the bath, you could toss in a few of your favorites to personalize this soothing, revitalizing bath.

As mentioned at the beginning of this chapter, you may alter both the temperature of your bath and the time that you spend in the bath to achieve certain health goals.

To get the most from this bath, you'll want to draw it quite as hot as you can stand it, dissolving the baking soda immediately.

However, if you happen to have lots of scrapes and blisters from your day's activities, please draw your bath at either 80°F to 90°F, to cool the inflammation, and skip the baking soda.

You may also like to simply substitute the Genteel Garden Bath drawn at 90°F to 100°F to reduce the pain of scraped and blisters.

To get the most benefit from your *Double Mint Bath*, follow these two simple steps:

- Add the herbs a moment before you climb in and soak for 30 to 45 minutes.
- Add the hydrogen peroxide five minutes before you step out of the tub.

The whole point of the *Double Mint Bath* is to take overwrought muscles and skin from a deeply healing hot cleanse to a revitalizing tepid tonic, all in the space of an hour.

This bath is extremely detoxifying and relaxing.

You will want to sip a refreshing glass of either purified or mineral water and then have a little “lie down” of 45 minutes to an hour after your bath.

This rest is necessary to stabilize your body after the deep muscle detoxification.

For a full discussion of the many healing properties and applications of the mint family, take a peek at the May bath.

In the June bath, we’re aiming for the maximum menthol experience.

Our goals are deep muscle relaxation, detoxification, pain relief, and better oxygen delivery to further speed healing.

Peppermint and spearmint specifically encourage refreshed sleep and mental focus, both of which are desirable after you've really worked out your body and mind.

If you tend to sleep in the tub, wear a snorkel or set an alarm—this is a *very* relaxing bath.

Peppermint

If you can have only one herb in your garden or on your windowsill, please make it peppermint!

Peppermint prefers full sun, of course, but moderate, diffuse light or strong sunlight for four to six hours each day will keep it growing by leaps and bounds.

Naturopaths make full use of peppermint's calming, energizing, relaxing, and warming qualities, using it to treat bronchitis, chills, the common cold, colic, colitis, coughs, diverticulitis, dizziness, fevers, gas, heartburn, insomnia,

measles, menstrual cramps, migraine headaches, morning sickness, muscle spasms, nausea, and frayed nerves.

Aromatherapists use oil of peppermint to as a local anesthetic for specific joint, ligament, and muscle pain, and to ease toothaches until further qualified dental help can be enlisted.

Aromatherapy also employs peppermint to lighten a dark mood, to relieve depression caused by grief, to improve linear thought, to calm the nerves, and to promote undisturbed sleep.

Chinese medicine looks to peppermint to roust blemishes, canker sores, the common cold, headaches, indigestion, and toothaches.

Flower essence therapists employ peppermint to help clients with metabolic imbalances that feature slow, unclear thought return to a naturally alert, mentally bright state of total health.

Again, go get or grow a peppermint plant!

If you wish to craft your own peppermint medicinal oil, turn to *Appendix I: Restorative Recipes*.

Peppermint has been sacred to pagans for centuries: we use it in baths, ceremonies, spells, and teas to raise energy, to increase the power of intention, to ensure protection, and to stimulate mental focus.

Spearmint

Traditionally, naturopaths of all disciplines have used spearmint with extremely sensitive clients for whom peppermint might be too strong a blast to the system.

Many herbologists will pair spearmint with peppermint in herbal baths, teas, and tinctures to highlight their common healing properties.

Spearmint, like its sister peppermint, is calming, warming, relaxing, and stimulating.

Naturopaths employ it regularly to cure the common cold, to relieve cramping, to reduce fevers, to stop the flu, to release incarcerated gas, to relieve indigestion, and to quell spasms.

Aromatherapists commonly use oil of spearmint to soothe cramps, stomach disorders, and spasms of all kinds.

In my experience, very anxious, sensitive, shy clients who suffer from systemic imbalances featuring digestive and respiratory disturbances improve dramatically when spearmint oil and tea are included in their health care regimen.

Currently, spearmint is under investigation by flower essence therapists to quantify its healing potential in that discipline.

If you are curious, explore the wonderful world of flower essence therapy research. Allow me to share a personal anecdote about spearmint flower essence remedy.

I have made and used spearmint flower essence to blend with cherry plum flower essence as a support for my super-sensitive clients who, when in crisis, present with anxiety that disrupts breathing and digestion.

Both animals healing from a frightening physical trauma

(usually, abuse, an irreversible physical limitation, seizures, or surgery) and humans recovering from a devastating separation (most often a death, divorce, job loss, or an irreversible physical limitation) responded well to the spearmint-cherry plum flower essence treatment.

In Chinese medicine, spearmint is used to soothe the common cold and coughs, and to arrest the pain in the abdomen, the female reproductive system, and the head (including headaches).

Every good witch knows that spearmint sharpens your mental acuity. We use it to hone conscious intention and to clear our minds.

Pagan healers of all traditions appreciate spearmint's ability to ease lung difficulties as well.

Baking Soda

Baking soda is the busy body's best friend.

My massage therapist got me started with baking soda baths, insisting that I have one after each massage session to draw out toxins from the muscles,

organs, and skin, so that all could heal into balance.

The baking soda bath reduces inflammation throughout the body by removing toxins and allowing the body to heal.

If you would like to try a simple baking soda bath, just dump one 16-ounce box of baking soda under the tap as you fill the tub.

The secret of a baking soda bath is the temperature—make it as hot as you can stand it—and soak for 45 minutes to an hour.

Afterwards, it is very important to drink a refreshing glass of either purified or mineral water and go lie down for a catnap.

As with the *Double Mint Bath*, do not take the hot baking soda bath if you have blisters, cuts, or scrapes—it will do more harm than good. (We want *every* bath to be a healing pleasure for you!)

Blending baking soda with peppermint and spearmint delivers anti-bacterial, analgesic, calming detoxification to your whole system while increasing respiration.

If you breathe better, you heal more quickly.

Hydrogen Peroxide

Hydrogen peroxide is employed regularly in bio-oxidative therapy.

Bio-oxidative therapy is a naturopathic discipline dating to the late nineteenth century that uses ozonated glycerin in water with hydrogen peroxide internally and externally to boost immunity.

Some naturopaths use bio-oxidative therapy to roust viruses, bacterial infections, and parasites, as well as to halt and correct abnormal cell developments.

Not everyone is all for it, mind you. Bio-oxidative therapy, particularly the use of food grade hydrogen peroxide, is hotly debated and often completely unrecognized by most health care providers, allopathic and naturopathic alike.

However, no one that I know has ever had a bad bath with a splash of H_2O_2 in it.

It's refreshing. It cleanses, detoxifies, oxygenates, and balances the skin's surface, keeping it strong and healthy.

You will find an excellent monograph on the benefits of bio-oxidative therapy in *Appendix II: Beautiful Books*.

As you can see, the *Double Mint Bath* is designed for deep, total purification of the body.

If you're clean as a whistle inside and out, you will have health, energy, and a positively vibrant outlook on your busy life.

The *Double Mint Bath* will take you from detox to tonic in less than an hour.

I'm *serious* about a little "lie down" after your bath—an hour's snooze really locks in the healing and restorative properties of the June bath.

If you feel guilty about a little beauty sleep, just consider it part of my instructions to you personally for the *Double Mint Bath*! Feel better?

July: The Margarita Bath

Recipe

6 lemon wheels
6 lime wheels
1 cup lemon or lime juice (fresh
or bottled)
¼ cup Epsom salts

Purpose

The July bath revives and renews us, as we extend our hours of work and fun in the sun.

This bath comforts and cools overheated skin; soothes and unwinds driven muscles, joints, and tendons; revives flagging spirits; restores mental focus and a sense of equanimity; and provides supportive balance to both the nerves and the endocrine system.

Lemons and Limes

For a full discussion of lemon's many benefits, peek at the January bath.

Lemon and lime both tone and moisturize the skin.

Their medicinal properties are also similar, but the subtle

differences may be important to you.

Limes are slightly more astringent and tend to have less oil in their peels than lemons.

Limes encourage immediate alertness, whereas lemons encourage sustained alertness.

Both support the immune system, most famously with their high vitamin C content.

In the days of piracy on the high seas, the English Navy provided each sailor a daily ration of one lime to prevent scurvy, a horribly painful disease caused solely by lack of sufficient vitamin C.

Other navies used lemons, as well as limes, after discovering that oranges just didn't work out as well.

Both lemons and limes are used in aromatherapy to encourage holistic focus and clear thought.

In aromatherapy, essential oil of both lemon and lime are considered powerful antidepressants, especially when used environmentally.

To make your own
antidepressant environmental
spritz:

1. Put one drop of either essential oil and four ounces of pure water into a spritz bottle.
2. Shake vigorously and spray around you to lift your spirits and clear your mind.

Chinese medicine values the lime's ability to relieve chest pain, to clear congestion, to soothe constipation, to reduce swelling, and to tone the uterus and anal canal.

When employed according to the rules of Chinese medicine, limes are *very* helpful to pregnant beauties.

In pagan folklore, lemons increase the energy of individuals and spells, bring long life and love.

Witches use lemons on the altar to invite friendly spirits to a sacred circle for ritual or spell work.

For pagans limes increase the energy of both individuals and

spells, encourage loyalty, and uncross hexes.

For the modern witch, “uncrossing hexes” is a euphemism for undoing a harmful intention by creating and sending a positive intention that changes everything, from you to the entire cosmos.

As good pagans all know, this is the best way to uncross a hex: simply purify your intention by bathing it in compassion, gratitude, love, joy, and peace.

Then say, “May my intention bring happiness and the causes of happiness to all things everywhere, with harm to none. May everyone be happy, and may they not suffer.”

This usually does the trick in just one shot.

In the July bath, we look to lemons and limes to cleanse, refresh, moisturize, tone, and heal the skin, as well as to raise our spirits and clear our heads.

Who knows? Perhaps all of that lemon-lime goodness will help us to change our minds—and then the cosmos—for the better!

Club Soda

Club soda in the bath is just flat-out luxurious.

I buy mine for 30¢ US per liter at a marvelous discounted food store. At that price, a couple of liters are an inexpensive treat.

Club soda in the July bath stimulates circulation and oxygen absorption as you soak up the abundance of vitamin C from the citrus juice and oil.

Draw your bath; toss in the citrus wheels and juice; then, just before you step into the bath, pour in the club soda.

Epsom Salts

Epsom salts are prized by naturopaths and even some allopaths (mostly sports medicine experts) for their ability to reduce the pain and swelling of bruises, contusions, and sprains.

Epsom salts are a fabulous warm weather bath additive, since they quickly relieve the sting of insect bites, and reduce the attendant swelling.

Epsom salts are also great for coaxing out stubborn splinters.

I currently live way up in the northern mountains of the US (a.k.a., Insect Heaven), and lots of folks up here split their wood and do their home improvements and new construction between June and September, so Epsom salts do come in handy!

Epsom salts, like baking soda, draw out toxins and tensions from your body.

I have found that Epsom salts are a bit milder than baking soda—this is purely anecdotal, mind you.

I love a good bath with a good book and a tall, ice-cold glass of mineral water, so I've taken many soaks with both Epsom salts and baking soda.

Most of my clients have also mentioned that the baking soda seemed stronger.

Many have said how much they enjoy Epsom salts for summer soaks.

This general preference is a large part of the reason that I

developed the *Margarita Bath* in the first place.

In pagan folklore, salt is used for purification of one's body, home, crystals, jewelry, and ritual tools; for consecration; for grounding; and for protection.

Salt embodies the balanced nurturing protection and support of the earth element.

If you wish to omit the Epsom salts altogether, that's fine.

You will still receive all of the great benefits of lemons and limes, as well as the refreshing "zip" of the club soda.

If, on the other hand, you want to add Epsom salts, put them into your bath when you pour in the juices, so that the crystals have time to dissolve completely before you dive in.

Remember, of course, to pour in the club soda, so that you can enjoy a proper mid-summer *Margarita Bath*.

Salut!

August: Poseidon's Adventure Bath Escape

Recipe

1 cup baking soda
1 cup Epsom salts
1 teaspoon rosemary (dried)
or
½ cup rosemary (fresh)
or
10 drops rosemary oil (essential
or medicinal)

Purpose

The *Poseidon's Adventure Bath Escape* is a zingy, fresh dip in the ocean right in your own tub!

It will refresh wilting beauties during the most humid heat wave.

More than any other tub treat in this book, this August bath requires a face mask, snorkel, and flippers, if available.

Go get some at a “dollar store” and let your inner Junior Oceanographer out to explore the deep relaxation of the Seven Seas!

If you're too dignified a beauty for that, at least float a plastic ship or a rubber ducky and sip an ice-cold mineral water in

your shades while imagining
yourself in a balmy southern
sea.

Perhaps your lover could offer
you fluffy towels and a shoulder
massage to complete your island
fantasy.

I cannot be held responsible for
the inevitable ensuing tropical
frolic that follows! The warning
is in the title—I *did* say that this
bath is an *adventure!*

For centuries, a dip in the ocean
has been hawked as a panacea
for cancer, rheumatism, asthma,
migraines, reproductive
congestion, depression, and
anything else that may ail a
body.

It *is* fun—and refreshing for
body, mind, and spirit.

The salty brine does draw toxins
from organs, muscles, joints,
tendons, and skin, which may
account for the happy results of
pain reduction, optimistic
outlook, and deeply refreshing
relaxation.

What a tonic!

Baking soda and Epsom salts do
faithfully reproduce this

detoxification effectively, safely,
and inexpensively.

You will want to draw this bath
at, or just above, body
temperature to refresh and
revive yourself during the
hottest months of the year.

To soothe the aches and pains
that move into a body during
the winter months, do draw the
bath quite hot and be sure to
take a little “lie down”
afterward.

Baking Soda and Epsom Salts

In hydrotherapy, baking soda
and Epsom salts are used
extensively in baths of varying
duration and temperature to
address a variety of ailments.

Baking soda and Epsom salts
are employed most frequently in
diseases which feature low
immunity, chronic pain,
respiratory difficulties, and
chronic edema (swelling).

Here's a little rule of thumb
when using baking soda and
Epsom salts together in a bath:
as a tonic, draw the bath at
about 100° F; for pain relief and
a good detox, draw the bath at
about 120° F.

For more about the properties
& uses of baking soda & Epsom
salts, flip back to the July bath.

Rosemary

Rosemary is one of Nature's
strongest, most consistent
disinfectants.

In days of yore, Medieval
Europeans tossed it liberally
across the floors of their homes
and shops, along with hay, to
ward off illness and to make
their environs smell nice, since
baths were a rarity.

The hay served as insulation and
a gentler walking surface, much
as we use carpets today.

Naturopaths use rosemary,
often in conjunction with
oregano, peppermint, and
lavender, to relieve congestions
anywhere in the body.

Naturopaths and "green"
aestheticians also use rosemary
externally, with a carrier oil--
usually almond, wheat germ, or
sesame--to relieve and heal
severe acne and sebaceous cysts.

Aromatherapists choose
rosemary to encourage

increased physical energy and to aid memory.

Flower essence therapy values rosemary for its ability to allow one to achieve a grounded and vital physical presence in the moment.

Chinese medicine hails rosemary as a specific for headaches and to balance the stomach.

In pagan folklore, rosemary represents remembrance, friendship, and protection, making it a perennial favorite at handfastings and memorials.

Yarrow

If you'd like to increase the detoxifying quality of this bath, toss in a handful of fresh or dried yarrow blossoms. Pink, yellow, or white are all fine:

- Pink will assist in eliminating emotional toxins and blocks, in addition to clearing physical toxins.
- Yellow tends to eliminate mental toxins and blocks, also clearing physical toxins.

- White tends to eliminate life patterns on all levels that are not conducive to wholeness, as well as clearing physical toxins.

So, follow your intuition and use just one color of yarrow blossom or mix it up—whatever works for you.

Yarrow is well-known and well-loved among naturopaths as a powerful astringent cleanser of environment toxins.

It is usually administered for this purpose as a tea, flower essence remedy, tincture, or medicinal oil.

I like to add the leaves and blossoms to my soups and salads. The idea of eating flowers just thrills me—it's so happy, playful, and healthy!

Homeopaths use yarrow to stave hemorrhages of bright red blood, incarcerated hernias, protracted or suppressed menses, smallpox, and vertigo.

Aromatherapists apply oil of yarrow topically to speed the

healing of abrasions, burns, and cuts.

Oil of yarrow is a valuable anti-depressant and calmative when inhaled.

In flower essence therapy, yarrow is employed to protect and support the system of “sensitives”, who may find themselves vulnerable to or depleted by others on all levels (physical, emotional, spiritual, mental, and psychic).

Flower essence therapists also use yarrow to expand compassion, a sensitivity to all beings, auric radiance and strength, and healing on all levels.

In pagan lore, yarrow embodies the healing love of Venus and is used at unity ceremonies to ensure true love always.

Wiccans employ yarrow as an aid in divination, and honor it for its cleansing qualities.

Yarrow often grows wild along roadsides, in vacant lots, and meadows—places which famed herbalist and N.D., Mark Lust, fancifully calls “waste places”.

Your *Poseidon's Adventure Bath Escape* should leave you refreshed, relaxed, and squeaky clean inside and out, with sharper mental faculties, to boot.

Sipping the mineral water isn't a joke—it really *does* increase the purifying benefits of this bath.

My personal favorite is *San Pellegrino*, which I purchase at a local discount grocery for 65¢ US per liter.

Many discount chains offer mineral water at equally reasonable prices.

It is a wonderful substitute for carbonated soft drinks.

Of course, drinking mineral water while wearing your snorkel may prove complicated, but at least it's an adventure.

September: The Chamomile Honey Milk Bath

Recipe

2 tablespoons chamomile blossoms
¼ cup dry non-fat milk (instant or baker's formula)
or
2 tablespoons soya flour with 1 teaspoon oat flour
or
¼ cup instant soya beverage with 1 teaspoon oat flour to which you will add either
2 teaspoons raw sugar
or
2 tablespoons honey and/or
1 teaspoon bee pollen

Purpose

The *Chamomile Honey Milk Bath* will strengthen and support your skin as summer graciously gives way to autumn.

This rich and luxurious, lightly scented bath is designed to heal the odd blemish that crops up with September's final pollen releases and rain-fed molds.

The September bath is calming, nourishing, and nurturing, providing stability to your

complexion as the seasons change.

You are already well aware of the multiple benefits of each ingredient, because you have read all of the preceding pages. So, you wise & witchy beauties, let's get right to the bath variants, so that everyone can have fun in the tub.

For those of you who have no sensitivities to milk or who are not currently led to follow the vegan path, you will use the standard recipe of 2 tablespoons chamomile blossoms and ¼ cup dry non-fat milk, to which you may add either 2 tablespoons honey or 1 tablespoon bee pollen—or both!

The bee products add beneficial anti-bacterial power to your bath; and, as you know, honey is a marvelous moisturizer. (If it was good enough for Cleopatra and her entourage, then it might just be all right for you, too!)

Now, for those beauties who have sensitivities to both milk and bee products or who follow the vegan way, you will craft your bath in this way: 2 tablespoons chamomile blossoms with either 2

tablespoons soy flour or ¼ cup instant soya beverage, and 1 tablespoon oat flour.

If you wish to have an even silkier emollient bath, then do add 2 tablespoons of raw sugar—*demerara*, palm, or any other variety that strikes your fancy.

As I mentioned before, raw sugars are fresh and inexpensive in family-run specialty ethnic markets, so you can try several to see which raw sugar works best for your skin type.

I am a huge fan of natural sugar cane—you know, the tall bamboo-like sticks in buckets at the market? Yes, *those!*

I love to whack them up, cut them into swizzle-straws for beverages, gnaw on them, or toss them into the punch bowl or the bath.

I even gave 8-inch lengths to my dog-children to gnaw as a special treat while they were teething.

Sugar cane is *wonderful*.

If you have access to fresh sugar cane poles and have a sense of adventure, pick one up for a few

dollars US, hack it up, and use it in the bath.

You'll have quite a bit left over, so do explore other creative ways to enjoy this delicious and inexpensive treat.

Sometimes, if the canes are *very* fresh, you can propagate them:

1. Slice the bottom of the stem at a 30° angle.
2. Dip the newly-cut base of the cane into pure water.
3. Dip into rooting hormone to fully coat the wet stem base.
4. Plant the powdered end of the cane section into clean, sterile potting soil.

If your cane segment takes, then you'll have fresh sugar cane on hand all the time and an unusual, attractive houseplant.

Although I am not remotely fazed by soaking in a steaming tub full of delicious debris, there are some for whom it is most upsetting.

So, as with any of these lovely baths, when you're using lots of wonderful powdered herbs and

whole foods, you may wish to stuff it all in a 100%-cotton sock or a pretty hanky and suspend it from the tap.

You still get all of the benefits of every luscious, healing, aromatic ingredient—you just won't feel like you're sitting in a swamp.

So, there you have it: a sweet, fragrant, calming, soothing, silky, moisturizing bath for your golden September days.

You can look forward to skin as bright and clear as autumn itself.

October: The Ancient Chinese Secret Bath

Recipe

¼ teaspoon ginger (dried and ground)
or
1 teaspoon ginger (freshly grated)
2 teaspoons green tea (a tea bag will do)
1 pinch Chinese Five Spice blend (dried and ground)
6 to 12 fresh chrysanthemum blossoms

Purpose

The October bath encourages good circulation and clear sinuses; detoxifies and tones the skin; and lifts the spirits.

This bath will leave you bright-eyed and bushy-tailed, feeling fresh and clear.

You may even find yourself enthusiastic about late season yard work and the first whiff of snow!

Ginger

Ahhh, ginger—one of my absolute favorites.

Savvy sailors use it to cure seasickness.

World travelers rely on it to cure motion sickness, to strengthen the immune system when voyaging with others, and to clear both the mind and the nasal passages in the close air of ship and airplane cabins.

Herbalists employ ginger to excite sluggish circulation in clients with chronically cold fingers, toes, and noses, as well as to relieve headaches caused by sinus troubles and—again—poor circulation.

Homeopaths recommend ginger for asthma; hot, dry conditions of the urinary and digestive tracts; a dry, congested nose; dry, hot, red blemishes (particularly on the face); digestive upsets; and kidney dysfunction.

Aromatherapists employ ginger to ease arthritis, catarrh, chills, colds, colic, congestion, coughs, debility, diarrhea, flatulence, indigestion, infectious diseases, influenza, lost appetite, muscle soreness, nausea, nervous exhaustion, poor circulation, rheumatism, sinusitis, sore throat, sprains, strains, and travel sickness.

In flower essence therapy, ginger is under close investigation to explore and quantify its potential healing qualities.

Chinese medicine uses fresh ginger root to treat asthma, colds, coughs, diarrhea, and vomiting.

Dried ginger root relieves icy pain in the abdomen, cold arms and legs, rheumatic complaints, and vomiting with diarrhea.

All fans of Japanese sushi know the importance of eating every last shred of the accompanying pickled ginger to prevent poisoning from raw sea food.

In the Philippines, Ludy's Salabat[®], a prepared ginger root and raw sugar beverage, is in nearly every pantry to stave off tummy troubles and to stop the common cold in its tracks.

In pagan lore, ginger is prized for its ability to both start and balance one's personal energy flow in order to draw success, empowerment, and money.

Ginger is also a healthy and safe appetite suppressant and fat burner.

Sprinkle a pinch in your soup,
tea, coffee, or salad daily, and
prepare to wear a smaller size
soon.

Ginger also makes you feel all
bright-eyed and bushy-tailed, so
don't be too surprised if you
find yourself on a brisk walk,
doing yoga in your living room,
or jumping jacks in your garden
after a few weeks of ginger.

Green Tea

Green tea is one of my *raisons
d'être*. I know that if I get up in
the morning like a good girl, I
can have as much green tea as I
want.

I drink a lot of it and use it
liberally in my personal skin and
hair care regimen, because it
provides so many benefits.

Green tea is one of this world's
most powerful antioxidants.

Applied topically, it soothes,
cools, and cleanses the skin
beautifully, leaving a fresh glow
and a light, uplifting scent.

Taken as a tea, it enthusiastically
and methodically scavenges for
free radicals throughout your
system.

Green tea contains EGCG, which aids in weight loss. It is among the safest weight loss aids.

I know one Taurean beauty, who, after a kidney transplant and three years of dialysis three times a week, used green tea successfully and safely to gradually release weight that her body had added to protect her while she was ill.

Green tea is the single weight loss aid that every allopathic doctor I have asked enthusiastically endorses, because it is gentle, safe, and startlingly effective.

I have found no difference in efficacy between the caffeinated and decaffeinated versions available.

Here's a tip: just two cups of green tea a day, morning and afternoon, can boost your metabolic rate enough to burn fat quickly.

After a week, you may well find your clothes looser and your energy quite increased.

Green tea with a pinch of ginger
is an even *better* ally in the Battle
of the Bulge.

You'll want to get up and move
around—dance sing, take a daily
walk—if you dare to drink this
elixir of the slim.

Of course, once your clothes
start sagging on you like a
monk's robe, make sure you
take time to gloat, to thank the
plants, and to take a celebratory
stroll.

Then dig out your “skinny
minny” clothes, sew some new
sexy fashions, or go shopping,
for heaven's sake! We can't
have you walking around like a
medieval penitent!

Don't blame me when you wind
up all svelte and fit, and don't
ever say that I didn't warn you
about green tea magic!

Of course, green tea has been
used medicinally for millennia.

Chinese medicine uses the tea
plant in healing blurry vision,
dysentery, fatigue, herpes zoster,
nauseous headaches,
indigestion, and thirst.

The oil is used to remove worms, especially from the digestive system.

The seeds settle the digestive system, stop diarrhea, and contain *camellin*, a proven cancer-fighting agent.

Homeopaths value tea's ability to cure sick headaches, balance sleep patterns, ease cardiac disorders, settle a faint stomach, and blast out colds of both viral and bacterial origin.

Abem... might I once again extol the virtues of a cup of ginger green tea?

Two cups a day will do much, in conjunction with five grams of vitamin C, to thwart any cold, when taken daily at the onset of symptoms such as "spaciness", forgetfulness, generalized muscle aches, and fatigue.

Currently, no research is being conducted in the field of flower essence remedy therapy on the possible health benefits of green tea blossoms. If you feel inclined, explore and share your results with the world.

Aromatherapists use green tea essence to still a restless mind,

quell insomnia, and to encourage a peaceful, alert clarity while moving toward an important goal.

Modern pagans add green tea to spells and loose, hand-crafted incense mixtures to promote health and success, to draw wealth, and to encourage peaceful mindfulness and loving self-care.

When I do healing rituals and spell casting for health, I drink green tea intentionally as part of my rites.

By incorporating tea ritual into my rites, I increase mindfulness and ensure that healing happens.

Chinese Five Spice Blend

Chinese Five Spice blend is my wondrous genie in a bottle.

It's actually a blend of seven spices: cinnamon, cloves, fennel, ginger, licorice, star anise, and white pepper.

With the occidental version of Chinese Five Spice Blend, you get two “bonus” herbs!

You'll only want a pinch of this fabulous blend in your bath—literally. The maxim “less is more” applies here.

We will review each ingredient in Chinese Five Spice Blend individually, just as we have every other ingredient so far. That way, you will be omniscient in the bath.

Cinnamon

Herbalists recommend cinnamon taken internally to balance blood sugar levels and to reduce sugar cravings.

They recommend cinnamon applied externally, most often as a foot bath or as a light dusting powder, to improve circulation, especially to fingers and toes.

The classic recipe for the foot bath is $\frac{1}{4}$ teaspoon each of dried, ground cinnamon and cayenne pepper.

The dusting powder is one part each of dried, ground cinnamon and cayenne pepper in ten parts of base, most commonly cornstarch, arrowroot, or chamomile blossom powder.

Cinnamon, when used with any pepper—black, white, or red (cayenne)—is analgesic. It also settles the stomach.

Cinnamon eases both painful menstrual cycles and post-partum bleeding. It is truly a woman's herb.

Cinnamon is a marvelous internal disinfectant, and so is often prescribed as a tea, a douche, or an enema for all septic, painful conditions of the digestive, female reproductive, and eliminatory tracts.

Cinnamon is frequently added as a “helper” herb to vermicides commonly featuring black walnut hulls and cloves.

These vermicides remove microscopic worms from the system safely and thoroughly.

Homeopaths employ cinnamon in all cancers in which the leading symptom is excruciating pain, as well as in certain cases of chronic hemorrhage, right down to nosebleeds.

Aromatherapy relies on essential oil of cinnamon as an internal and external disinfectant, relaxant, sedative, and calmative.

Inhaling either essential or medicinal oil of cinnamon regulates and eases breathing.

Oil of cinnamon also provides clarity regarding personal goals and how best to direct one's energy to achieve these goals.

At the time of publication, no information was available on flower essence therapy uses for cinnamon.

Chinese medicine employs cinnamon bark in the treatment of abdominal pain, circulatory disorders involving sensations of extreme cold or heat, and diarrhea.

In Chinese medicine, cinnamon twig helps to relieve menopausal difficulties, as well as back, chest, and shoulder pain.

Pagan lore celebrates cinnamon's protective, purifying, and healing qualities.

We use it in ceremonies and spells to jumpstart any intention or project, to assist in goal achievement, and to draw money.

The great American witch, Laurie Cabot, suggests a pinch

of cinnamon in your morning coffee to ensure success with the day's endeavors.

And, *every* Wiccan lady knows that cinnamon is a marvelous feminine aphrodisiac.

The scent of cinnamon is a sure-fire masculine “mood maker” for Wiccan gents, as well.

Cloves

The clove is especially dear to naturopaths for its powerful antiseptic and analgesic qualities.

For millennia, cloves have been used in India and Asia to expel parasites from man and beast alike. Yes, I'm talking about worms.

Although cloves work well on the big ones—yuck!—they're also great for eliminating the microscopic ones throughout the system.

Blood-borne parasites respond especially well to cloves.

I do not wish to belabor an unpleasant point, but internal parasites, large and small, are

consistently, closely linked with all forms of cancer, premature aging, as well as desiccation (drying out) and weakening of the entire body.

Please, *please*, unless you are allergic to them, add a pinch of dried, ground cloves to your oatmeal or tea and have an Indian curry feast once a fortnight to send those parasites packing for good!

Okay...enough about worms.

Naturopaths employ cloves regularly to cleanse and soothe cavities, to reduce pain, to numb an injured area, to relieve flatulence, and to disinfect both internal and external wounds.

Holistic dentists and savvy parents love the ease that clove tea or oil of clove bring to teething children.

Both essential and medicinal oils of clove are also excellent to soothe a grown-up's toothache until further qualified dental help is available.

Homeopaths employ oil of clove, traditionally mixed into a cup of milk (dairy, grain, or nut), to relieve severe bronchial

congestion accompanied by a big, gong-shaking cough and debilitating fever.

In our home, we make a soya *chai* at the first sign of bronchial troubles with extra dried, ground clove and honey. It's healing, scrumptious, and quite a luxurious remedy.

In aromatherapy, oil of clove is used to promote clear, smooth breathing, to reduce pain, and to cleanse wounds internally and externally.

Clove is also employed to regain and hold mental focus, as well as to promote friendly feelings toward oneself.

In Chinese medicine, ground clove is used to promote gastrointestinal peristalsis and to relieve abdominal pain, hiccups, and vomiting.

The oil is employed to relieve bad breath, diarrhea, painful hernias, hiccups, rheumatic pains, icy stomachaches, toothaches, and vomiting.

Pagans use cloves to assist in setting goals, to improve memory, to relieve stress, and to stimulate body, mind, and spirit.

Fennel

Fennel freshens and balances the system.

Herbologists recommend it without hesitation to those who suffer from a nervous upset stomach.

Fennel balances the stomach's four digestive acids, which freshens the breath.

The early Shakers referred to fennel seeds as “meeting seeds”, since they were one of the few permissible treats discreet enough to enjoy during epic-length worship ceremonies.

Fennel, when used with fresh parsley and either fresh, raw sunflower seeds or sunflower oil, frequently cures the most persistent halitosis.

To be sure that your breath always stays fragrant, try coupling fennel and its breath-freshening friends with a program of very mild cleansing teas and sipping a daily gallon of pure water for six to eight weeks.

This cleans out not only the stomach, but the intestines and

the colon, as well as those two pesky hide-y holes for toxins, the appendix and the iliocecal valve.

When you steadily remove all of the old detritus, plaque, and mucus from your whole system, and continue with a daily regimen of some form of fennel and lots of pure water, *then* you're really ready to say bye-bye to bad breath permanently!

Fennel is also recommended to support clear eyesight, to relieve flatulence, and to facilitate digestion.

Aromatherapy relies on fennel to tone the whole system and to assist in severe cases of nervous insomnia.

In flower essence therapy, fennel aids in the release of deeply held trauma and assists in the relief of panic attacks.

According to early Wiccan *grimoires*, fennel carries the fluent, communal, warm energies of Mercury.

In pagan lore, fennel promotes courage, strength, virility, vitality, weight loss, and

protection—especially from
curses and possession.

Curses and possession are
considered euphemistic by
modern pagans.

“Curses” represent individuals
who make negative choices
creating a negative communal
environment, such as war.

“Possession” represents the
deleterious effects of negativity
which have been internalized
either mentally or physically by
a “sensitive”, causing either the
mind or the body to experience
disruption, most often
highlighted in the endocrine
system.

Ginger

For a complete discussion of
ginger, flip back to the
beginning of the October bath.

Licorice

Naturopaths use licorice in
place of cortisone or estrogen.

According to leading
naturopathic authority,
Humbart Santillo, N.D., for
over twenty years, European
naturopaths have used licorice

successfully in the treatment of ulcers.

Licorice also clears and supports the respiratory system, balances the digestive system, tones the liver, and supports immune function.

At the time this book went to press, no quantifiable data existed on licorice's uses in the fields of aromatherapy and flower essence remedy therapy.

Chinese medicine employs licorice to tone a weak stomach, to regulate the spleen, to soothe colds and coughs, to support the immune system, to cure cases of poisoning, to ease stomachaches, and to relieve swelling.

At the time of publication, I found no information on the traditional pagan uses for licorice.

Chrysanthemum

Chrysanthemum is also one of my all-time favorites *ever!*

Chrysanthemums bloom when little else will, cheering up the grey snow-gathering days of late autumn.

The blooms have such a sturdy symmetry and a lovely, brisk, crisp scent—they fairly crackle with vitality!

Chinese medicine recommends chrysanthemum to gently cleanse the liver, kidneys, and the skin.

It is known as a beauty herb in several of the ancient Chinese *materia medica*.

Small wonder, since chrysanthemum also clears dizziness, improves eye health, relieves headaches, and heals both pink eye and blemishes.

In our home, we drink chrysanthemum tea regularly to maintain good tone and balance of the kidneys, liver, and blood.

This tea imparts great beauty, clarity to the skin, and gives the eyes a bright sparkle.

Herbologists recommend chrysanthemum to tone the circulatory, digestive, respiratory, and eliminatory systems, because it is gentle enough to take as a daily tea.

Chrysanthemum is a powerful blood cleanser and toner, so it is

also often prescribed for skin afflictions as either a tea or a topical spritz.

Homeopaths prescribe chrysanthemum primarily to balance and to tone the circulatory system in cases where the leading symptoms include a tearing pain in the right jaw and temple with painful teeth and gums. (An odd mix of symptoms, to be sure, but it *is* rather common!)

In fact, if you have particularly sensitive teeth or gums, you may wish to make your very own gentle mouthwash, using chrysanthemum tea as the base.

Aromatherapists use chrysanthemum to regulate the circadian rhythm (sleep/wake cycle), to balance breathing, to improve circulation, and to assist in the bereavement process.

Flower essence remedy practitioners recommend chrysanthemum to ease the many difficulties of mid-life crisis, to assist one in the release of addiction to the “youth culture”, to free one from the fears of aging and death, and to safely process deep grief—

basically, all issues of acceptance of the mortal condition. It's a handy flower essence remedy.

Right up until the 1930's, in Europe and the United States, chrysanthemum was the favorite funeral flower brought to the bereaved and planted in gardens to remember the one who died.

Pagan folklore celebrates the chrysanthemum as a symbol of faith, endurance, remembrance, balance, protection, purity, and acceptance.

Toss this whole *mélange* of spices into a tea ball to steep in your bath and float the chrysanthemum blossoms on the water's surface.

Climb in and just *soak*.

You'll breathe better and feel all tingly-toned when you're through.

I like this bath *very* hot, because the herbs penetrate more deeply, cleanse the skin more fully, and thoroughly invigorate both muscles and mind.

After your bath, towel off, tumble into your favorite flannel jammies, and curl up with a

steaming cup of hot spiced
cider.

Autumn's frosty window panes,
crunchy bright leaves, and
howling winds prowling around
your door all seem so much
more exciting when you're
balanced, alert, and clear.

The October bath truly is the
“ancient Chinese secret” to
enjoying both the autumn and
good health!

November: The Pine Citrus Bath

Recipe

10 sprigs of pine needles
10 citrus “wheels” (freshly sliced
to 1/4-inch or 1/2-inch width)

Purpose

The November bath supports your immune system; calms and cheers the spirit; soothes tired, cold, aching muscles, joints, and tendons; warms the bones; and allows you to just *breathe*, deeply and slowly.

For those of us up here in the Northern Hemisphere, the intersection of whirling holidays and snappy cold weather make the *Pine Citrus Bath* an especially welcome, beautifully simple expression of expansive self-nurturance.

This panacea bath tea is both simple and so visually attractive that it has not yet failed to both calm and charm me, coaxing any emotional, physical, and psychological stress right down the drain.

As you prepare this *Pine Citrus Bath*, enjoy the process of nurturing yourself and thanking

your skin for its loyal efforts,
knowing that the journey into
balance and ease is as
profoundly healing as the
destination.

Once you've braved that sterling
November air to collect your
pine sprigs, rinse them in cool
water and lay them out to air-
dry on a tea towel while you
slice your citrus "wheels".

The wheels look most attractive
when you cut down through the
fruit's circumference at either
 $\frac{1}{4}$ -inch or $\frac{1}{2}$ -inch intervals.

Remove the seeds and arrange
your citrus wheels on an
attractive plate or charger,
inserting one pine sprig half-way
into the center of each citrus
wheel, so that the "spray" ends
of each sprig lay flat along the
surface of each wheel.

Draw your bath.

Lay each pine-sprigged citrus
wheel onto the steaming surface
of your bath.

Step in and soak, breathing
deeply and slowly.

Feel and follow each inhalation
and exhalation from beginning

to end, as you focus on the fragrance, colors, and shapes of the pine-citrus wheels.

Consider each wheel a *mandala* of wisdom from Nature.

Expect mental and spiritual illumination as you allow your consciousness to follow the circular cycles of the cosmos floating in your bath.

Thich Nhat Hanh (pronounced “tie knot hawn”), the well-known Vietnamese Buddhist Zen master, says that you can understand the whole universe by spending a little time visiting with an orange.

He is correct: you can...right in the middle of your November bath.

Pine Needles

Pine contains *pycnogenol*, a highly antioxidant chemical compound.

Pycnogenol is particularly concentrated in the bark, although the needles contain small amounts as well.

Pine needles are also an excellent source of vitamin C.

Native Americans have used them for millennia in teas, poultices, and soaks to purify and heal the skin, to arrest respiratory diseases, and to tone and balance the digestive system.

In addition to this embarrassment of riches, pine contains a highly antiseptic menthol compound (similar to that found in rosemary) which improves respiration, cleanses the skin, and soothes the muscles.

Pine needles are truly a much-overlooked treasure, a benevolent gift of Nature.

Homeopathic medicine relies on pine tar to soothe a serious cough, to heal the lungs, to clear scaly skin eruptions, and to heal *alopecia* (baldness).

Pine flower essence remedy helps the individual to release guilt over things that are not their responsibility or fault.

Aromatherapists employ essential oil of pine topically to ease breathing and to disinfect the skin, air, and household surfaces.

Pine oil, when inhaled, eases breathing, grounds the consciousness, and sharpens the mind.

Pagans use pine in ritual to ground energy.

We burn pine needles to disinfect our homes, to call in wealth, and to rid excess negative energy.

Pagans carry pine needles to draw wealth and to strengthen resolve.

Witchy women place a pine cone on their altars to draw fertility.

Some pagans will make a magical cross of pine boughs to hang at the hearth, protecting the home from negativity.

This is another version of the indigenous “Eye of God” that is found in many cultures.

Citrus Family

The citrus family all contain a generous amount of vitamin C.

The essential oil found in citrus peel is the same used in specialty cosmetic preparations

marketed as anti-aging vitamin C serums.

Exposure to air quickly and dramatically reduces the antioxidant properties of citrus essential oils, especially once it is expressed from the fruits' peel.

This quick escape of essential oil is known as *volatility*: good old plain air burns it right up, which is why citrus oils are considered volatile essential oils.

However, by leaving the peel intact, as in the *Pine Citrus Bath*, you may enjoy a gradual release of this healing, cleansing vitamin C essential oil as it becomes trapped on the water's surface.

The vitamin C found in citrus fruit, juice, and peel support the skin in releasing toxins and healing areas compromised by abrasions, cuts, or burns.

Over time, by enjoying this bath, you will see and feel a marked improvement in the clarity and tone of your skin, in addition to easier breathing and increased mental alertness and clarity.

Grapefruit

Naturopathically, grapefruit is used to balance the appetite, to reduce weight by aiding in fat digestion, to heal blemished skin, and to alleviate depression.

Homeopaths use grapefruit to clear *tinnitus* (ringing in the ears) and to soothe pressive pain along the temples.

At the time of publication, I found no information on the uses for grapefruit in flower essence therapy.

Aromatherapy looks to grapefruit to reduce *edema* (swelling), to balance digestion, to clear acne, to balance the skin's surface oils, and to relieve depression.

Although some witches join me in using grapefruit in healing and self-love rituals, it is not widely used in the Craft.

Lemon

To explore the many uses and healing qualities of lemon, flip back to the January bath.

Lime

To explore the many uses of healing qualities of limes, flip back to the July bath.

Oranges

Naturopathic medicine employs orange as an internal and external disinfectant. It works wonders on damaged skin!

Orange tea has been a long-time favorite of naturopaths to lift a dour mood, to improve the appetite, to promote clear thought, to calm jangled nerves, and to hasten the duration of common colds.

Orange rind tea is used to ease allergies. It is not particularly palatable, so naturopaths will blend it with other tastier menthol-bearing herbs or licorice and mallow, sweetening it with honey.

In homeopathy, orange is most helpful to those at least 60-years-old who suffer from poor circulation and constant chilliness.

Homeopaths also use orange to relieve dizziness, nausea, severe *neuralgia* (nerve pain) on the right side of the face, vertigo,

vomiting, and swollen, red, itchy hands.

Aromatherapy relies on orange to cleanse the blood, to clear constipation, to relieve diarrhea, to soothe a nervous “tricky tummy”, and to calm the nerves.

In the old days, when rickets was a widespread health challenge, aromatherapists would employ sweet orange essential oil to assist in rebuilding the bones.

At the time of publication, no information on the uses and properties of orange flower essence remedy was available.

Pagans use orange essential oil to promote luck, to raise peaceful vibrations, and to enhance their personal power and that of their spells and rituals.

Pagan women seeking a male love interest will dab a little orange oil on their skin to bring the best man, harm to none.

For pagans, the orange is the original “Magic 8 Ball”: ask a question; eat the fruit but save the seeds. “Yes” is an odd

number of seeds, and “no” is an even number.

Orange blossoms, leaves, and peel are all used in various spells for beauty, love, luck, and marital bliss. Your tradition determines which part you use and how.

One of my favorite rituals is a candlelit beauty bath with orange wheels, rose petals, and daisies floating around me as I soak up the scents and appreciate my own special beauty.

Orange juice is a wonderful substitute for wine in ritual, if you are alcohol-sensitive or have children participating in ritual.

My personal preference is to use oranges for this bath, but I will use lemons if I am battling an unpleasant “bug”, limes if I am in an ugly mood, and grapefruit if I am toxic or I’ve packed on unnecessary pounds.

By doubling the vitamin C from pine and citrus, you are providing your skin with an accessible topical application of powerful antioxidant defense.

By delivering this vitamin C in a warm-to-hot bath, your entire respiratory system is supported and purified with each cycle of slow, deep inhalation and exhalation.

As with any of these baths, if you practice a simple breathing meditation, you will increase both the healing offered by the bath ingredients and your lung capacity.

Greater lung capacity will give you consistently calmer, smoother respiration and a brighter, more peaceful outlook.

The menthol compound in pine decongests the respiratory system and softens tense muscles, joints, and tendons.

In aromatherapy, pine and citrus are recommended to relax body and mind; to reduce nausea; to lift depression; to prevent and eradicate colds and flu “bugs”; to clear the skin; to relieve stress; to improve mental clarity; and to reduce muscle, joint, and tendon pain.

The *Pine Citrus Bath* is a subtle, simple treatment with profound, long-term healing benefits.

Treat yourself often, and you
will treat yourself well.

December: The Yule Dream Bath

Recipe

1 teaspoon cinnamon bark
(dried, ground)
1 teaspoon dry milk (instant or
baker's formula)
or
1 teaspoon instant soya
beverage
or
¼ cup soya milk
or
1 teaspoon dry soya flour
1 teaspoon peppermint (dried
leaves or herbs)
or
1 pure peppermint herbal tea
bag
1 tablespoon honey
6 pine needle sprigs
6 floating candles

Purpose

The December bath refines,
retextures, and moisturizes the
skin.

It also gently encourages
excellent circulation, leaving you
radiant, with a cozy, rosy glow
that's perfect for the warmth of
the holidays.

This is a sedative bath: consider it your very special yuletide gift to yourself.

As you laze amid the softly glowing candles and drift into a sweet, dreamy alpha state, do take the time to list the qualities which make you unique and appreciate each one of them.

The year is ending, a new one ready to unfold: dream your new year and visualize all of your heart's fondest wishes fulfilled in the happiest, gentlest way, to the benefit of all.

The *Yule Dream Bath* is quite lovely and an especially beautiful, self-nurturing respite from the holiday rush.

You may even wish to draw this bath for you *and* your beloved as a romantic, loving visualization ritual!

When friends have arrived on my doorstep disheveled and all discombobulated from what I call AHSS (a.k.a., "Acute Holiday-related Stress Syndrome"), I have often drawn this bath, brewed them a fragrant cup of herbal tea, and sent them directly to the tub for an hour's soak, after which we

visit. It is a kind—if
unorthodox—little gift.

You *must* experience this bath
first for yourself; only then will
you know the power of this gift.

Cinnamon

For a full discussion of the
properties, qualities, and various
uses of cinnamon bark, please
flip back to the November bath.

I like to substitute cinnamon
sticks for the dried, ground
cinnamon required by the
recipe.

I tie one stick to each pine sprig
with light twine or raffia and
float them among the candles.

As always, the best quality
cinnamon sticks for the best
price can be found at your local
ethnic market.

It is not unusual to purchase a
packet of six to eight 4-inch
cinnamon bark sticks for well
under one dollar US.

These little spicy pine bundles
add a nice touch to the *Yule
Dream Bath*.

Dry Milk

For a full discussion of the many benefits, qualities, and uses of milk, please refer to the January bath.

Soya

For a full discussion of the properties, qualities, and many uses of soya milk and flour, just take a peek at the January bath.

Peppermint

For a full discussion of the properties, qualities, and various uses of peppermint, flip back to the June bath.

The whole point of the *Yule Dream Bath* is to slow down in the middle of the holiday madness, no matter how fast your life seems to be whirling, and take care of *you*, so that you'll be in prime shape to enjoy and take care of your loved ones.

How can you possibly spoil anyone else if you do not first spoil yourself?

This bath also gets the blood pumping and luxuriously pampers your skin, so that you look fabulous for all of those candid holiday snapshots and

videos—even if you're caught dozing in the ubiquitous recliner.

However, I've found that the best benefit of this bath isn't even physically quantifiable: this special mix of ingredients calms and brightens the mind, inviting the alpha state.

We pagans prize the alpha state as the place in which we are completely open to our higher selves, the whole cosmos, and all peace.

The alpha state is the temple in which we can dream a better, more peaceful, more beautiful world for ourselves...not in the future, but *now*.

Witches use the alpha state as the sacred space of healing, inner wisdom, and fulfillment in which we practice the Craft.

I find the alpha state an invaluable work space for practicing facets of the Craft:

- When I do long-distance healing work, I do it in alpha state.
- When I do long-distance peace work with others of like

mind, I do it in alpha state.

- When I intuit that a particular spell requires alpha for success, I craft and cast it in the alpha state.

In her groundbreaking classic, *The Power of the Witch*, Laurie Cabot outlines the most efficient method for achieving the alpha state.

My yuletide wish for each of you is that you'll indulge in the December bath and that *you'll dream* an unending strand of peaceful, joyful "now's" brighter than any yuletide lights.

Remember that pop-culture, New Age adage: "Today is a gift. That's why it's called 'the present'."

Peace and joy to each of you, in and out of the bath.

A Witch's Words

While reading through the ways in which alternative healing modalities employ the ingredients of these baths, you might have noticed that the pagan folklore uses and attributes correlate beautifully with the naturopathic healing powers assigned to each one.

Coincidence? Hardly.

Early Wiccans were herbal healers and codified the properties of each natural substance with just one or two simple words as a *mnemonic device* to remind one another of the vast and detailed knowledge that each Wiccan was required to memorize and learn.

Yes, the early Wiccans had herbal *grimoires*, *materia medica*, and other tomes chock full of natural prescriptions.

However, toting them around the countryside was inefficient. Juggling several giant books and a basket of herbs from client to client would be impractical.

Remember also the persecution that has often plagued pagans— as it has the Jewish, *Roma*

(gypsy), African, and Native American populations—through the ages.

If the information is all in your head, there's no "evidence" to end your career as a pagan herbalist on a rack or a bonfire.

If you are inclined toward the naturopathic disciplines, this brief mnemonic *codex* can be an enormously useful tool in learning the properties of any given plant or whole food.

Now, I promised you who follow the 13-moon calendar a very special bath, and here it is.

The Silver Moon Bath

Recipe

2 cups fresh birch leaves*

or

1 cup dried birch leaves*

4 white floating candles

(optional)

* Note: Paper birch, silver birch, or yellow birch are all equally acceptable for this application.

Purpose

The *Silver Moon Bath* invites change, as it is the 13th moon of each year's cycle.

Birch is a profoundly cleansing tonic for both skin and hair.

Birch is excellent for brightening a dull complexion, healing bruises and contusions, noticeably fading dark spots on the skin, and brightening white or silver hair in the most breathtaking way.

In naturopathy, birch is used to clear and purify the system inside and out.

According to ancient European pagan traditions, birch is used with linden in protection spell

sachets, incenses, and smudges
to bless and protect one's home
and loved ones with peace,
health, and love.

Modern pagans use birch to
protect their emotional clarity
and balance.

We also use birch in ritual to
ensure that each moment in our
lives is an expression of
compassion, love, and peace.

In flower essence remedy
therapy, birch is used to release
old grief, especially where there
is much self-blame or an
abysmal lack of self-worth.

In this capacity, birch's deep
healing on all levels reminds me
of the meditation by that great
13th century mystic, Dame Julian
of Norwich:

*All shall be well,
and all shall be well, and all manner
of things shall be well.*

Say it three times slowly and
quietly, and it will profoundly
calm and comfort you in even
the darkest of times.

If you are struggling with a
particular grief or health issue,

you may find peace and health
in this birch bath.

The *Silver Moon Bath* requires
just a little preparation. You
will need to collect and press
dry your birch leaves when they
are fresh on the trees in spring,
summer, or autumn.

I especially like to gather mine
at Summer Solstice, but will
settle for any full moon in a
pinch.

Each full moon carries a
different energy, depending on
the month.

It is infinitely better to call in
something positive than to send
away something negative during
ritual or spell craft, which is why
I generally collect my
participating plants during the
full moon.

Once in a great while you may
want to do a follow-up healing
spell or ritual during the new
moon to speed the removal of
something (like an abnormal cell
development, a virus, or a
miasm).

1. Collect the plants for
these practices during
a new moon.

2. Once you have collected your birch leaves, rinse them and lay them flat on a tea towel to air dry.
3. When your birch leaves are dry, press them into books between pieces of clean, fresh tissue paper and let them flatten out for two weeks.
4. Next, make little stacks of 13 leaves, wrapping each stack in fresh, clean tissue paper.
5. Tie each package with a length of thin satin ribbon or satin rattail cording.

These are your *Silver Moon Bath* packets.

Since birch is so deeply healing, I like to wrap my packets in appropriate healing colors: deep pink, salmon, jade green, and sky blue:

- Deep pink encourages self-love, self-sufficiency, and self-confidence. Deep pink focuses on emotional healing.

- Salmon promotes pain reduction, permanent pain release, and relaxation of muscles and joints. Salmon focuses on physical healing.
- Jade green increases health, beauty, and helps you to access your innate youthfulness. Jade focuses on mental healing.
- Sky blue encourages release of anger, fear, grief, or any other emotional or mental formation that precludes being here now. Sky blue focuses on spiritual healing.

When you are ready to have your *Silver Moon Bath*, choose a bundle of birch leaves, and either float them in the bath or tie them up in a pretty handkerchief under the tap.

Enjoy your ceremonial soak. I have found this bath to be a profound spiritual experience, and I highly recommend it to you with love and best wishes.

It would be a very kind gift, indeed, to offer a little bundle of

leaves as a *Silver Moon Bath* to
someone dear who is suffering
and could use the healing
offered by birch.

Choose the appropriate color
ribbon for your gift birch leaf
bundle, make a lovely little label,
and spread the healing.

Appendix I: Restorative Recipes

The following recipes will assist you in creating the lovely baths in this book.

You can also use them in other recipes for the body & the bath.

Enjoy learning to make them. May you become proficient very quickly!

May you enjoy them in the very best of health!

Blessed be.

Soya Milk

I adapted this soya milk recipe from the Cornell University recipe popularized during the 1970's. It is made on the stove top. You will need either an electric blender or a food processor, also.

Recipe

1 cup yellow soya beans
2 cups water (to soak)
7½ cups water (to cook)
2 to 3 vitamin B complex tablets, finely crushed
¼ cup barley malt
or
¼ cup raw sugar of your choosing
or
¼ cup honey
½ tablespoon sea salt
1 regular-gauge colander
1 fine-gauge colander
or
1 clean, white, all-cotton pillowcase

Follow these easy steps, & soon you'll be doing them by rote, making batch after batch of delicious, hand-made soya milk full of protein, happiness, peace, love, & any other conscious intentions that you

wish to add as you brew it to perfection for both body & bath!

1. Place the soya beans into a large non-metal bowl. Add the 2 cups of water and cover to soak for 8 hours.
2. Pour soaked beans into a colander and gently rinse under cool, running water for a few minutes, raking your fingers through the beans lightly to ensure that they are thoroughly rinsed.
3. Drain the soya beans and set them aside in a large non-metal bowl.
4. In a large stockpot, bring the 7½ cups of water to a rolling boil. Reduce the heat just enough to continue the boil.
5. Place ½ cup of soya beans into the canister of your blender or food processor. Add two cups of boiling water directly from the stockpot. Cap the canister firmly & blend on medium high for 2½ minutes.
6. Pour this slurry into another large stockpot. Do not add heat yet.
7. Repeat this last set of steps with the beans and the boiling water.
8. Add in the excess boiling water and place your stockpot of soya

- slurry over a medium low flame on the stove top.
9. Stir occasionally, so that the slurry does not burn or crust along the edges of the stockpot.
 10. Remove from heat source & allow your soya slurry to cool to room temperature.
 11. Once cooled, strain the slurry through a fine colander or a clean, white, all-cotton pillowcase into a medium stockpot.
 12. Press the slurry to be certain that you are squeezing out all of the soya “milk” available.
 13. Add in the sweetener of your choice and the sea salt.
 14. Heat your soya milk over a low flame for 15 to 30 minutes, stirring occasionally, to allow the sweetener and the salt to dissolve completely in the liquid.
 15. Once your soya milk is cooled to room temperature once again, add in the crushed vitamin B complex tablets, and stir well.
 16. Store your soya milk in a tightly-capped non-metal container in the refrigerator. Shake well before each use.

Note: This will keep for a week.

Medicinal Oils

Recipe

1 tightly-lidded glass jar, any size
(Mason™ jars are great for this!)
fresh herb, spice, fruit, flower, bark, nut,
or resin (finely diced or crushed)

or

dried herb, spice, fruit, flower, bark, nut,
or resin (finely chopped or crushed)
oil of your choice (almond, olive, peanut,
sesame, soya, for example)
2 400 I.U. vitamin E oil capsules
dark glass jars or bottles

The amount of solid matter that you use
to make your medicinal oil will be
determined by the size of your glass jar.
Here's the rule of thumb:

- If you are using fresh material to
make your medicinal oil, fill your
jar $\frac{3}{4}$ full.
- If you are using dried material to
make your medicinal oil, fill your
jar $\frac{1}{4}$ full.

Medicinal oils are quite easy to make,
actually:

1. Fill your jar with either fresh or dried material. For example, if you are making lemon medicinal oil from fresh lemons, you would fill your jar $\frac{3}{4}$ full of fresh lemon peel (just the yellow part, often called the “zest”).
2. Pour in enough of your chosen oil to fill the jar.
3. Cap the jar tightly.
4. Set it on a sunny windowsill.
5. Shake it daily.
6. Strain it after 5 days, composting or discarding the solid matter.
7. Add the vitamin E capsules.

Note: if you are making more than a pint of oil, use 4 capsules of vitamin E oil.

8. Pour into your dark glass jars or bottles & cap them tightly.
9. Store in a cool, dry place.

Note: These will keep well for 3 months in a hot climate and for 6 months in a cool climate.

Refreshing Spritzes

Recipe

2 ounces inexpensive vodka

2 ounce pure water

or

2 ounces herbal tea (from list below)

2 drops of either essential or medicinal oil
(optional)

This is so simple, that you'll be making
Refreshing Spritzes in your sleep:

1. Pour all ingredients into a tightly-lidded non-metal container.
2. Cap tightly.
3. Shake container vigorously to blend thoroughly.
4. Transfer to non-metal, portable spritz bottles
5. Store in the refrigerator when not in use.

Note: These will keep well for up to a month with refrigeration.

If you're wondering what herbal teas might be nice to use, this short list might be of some help to you as a general guideline:

- Chamomile is calming & aids sleep.
- Green tea is refreshingly uplifting.
- Lavender is calming & improves focus.
- Lemon is antidepressant & improves focus.
- Mints are energizing & uplifting.
- Orange allays nausea & promotes cheerfulness.

Appendix II: Beautiful Books

Buckland's Complete Book of Witchcraft.

Raymond Buckland. 2nd Edition, Revised & Expanded, 6th printing, 2006. Llewellyn Publications.

Chinese Natural Cures: Traditional Methods for Remedies and Preventions. Henry C. Lu. 1994. Black Dog and Leventhal Publishers, Inc.

Cunningham's Encyclopedia of Magical Herbs. Scott Cunningham. 2nd Edition, 13th printing, 2006. Llewellyn Publications.

Natural Healing with Herbs. Humbart Santillo. 1993. Hohm Press.

Pocket Manual of Homoeopathic Materia Medica. W. Boericke, M.D. 1995. B. Jain Publishers Pvt. LTD.

Power of the Witch. Laurie Cabot. 1989. Bantam Doubleday Dell Publishing Group, Inc.

The Herb Book. John Lust. 1974. Bantam Books.

The World Beauty Book. Jessica B. Harris. 1995. HarperCollins Publishers Inc.

Editor's Note

All of the material in this book exclusively reflects the author's experiences & views.

The views of the editors & the publishing service staff may be quite different from those put across by the author, although we are all quite happy to have helped her share her thoughts.

We have adhered to common editing practice in preparing this copy for publication.

We have made stylistic allowances for certain of the author's whimsical words arising from her experience of the topic presented.

We chose to set this publication in Garamond typeface for ease in reading.

May you enjoy this book in the very best of health for many years to come.

Author's Note

This book is the result of my personal practice of the Wiccan Way. As a lay naturopath & a High Priestess of the Green Ray, I celebrate the magic present in every moment, including those spent in the bath.

Each recipe has been lovingly crafted with intention to be simple, safe, & cost-effective.

No part of this book is meant as professional advice of any kind, nor is it meant to stand in for professional advice, guidance, or protocol.

A Year in the Bath is simply a collection of tried-&-true bath recipes that relax, renew, & restore the spirits & illuminate the magic inherent in every moment of the witch's life.

I have included "My Notes" pages at the end of this book, so that you might have room to pencil in any personal notes or brilliant thoughts that you wish to review later.

Any & all errors in this publication are mine & mine alone. I cannot fault my longsuffering editorial staff or the fine folks at the publishing service for anything that may be amiss in this publication.



About the Author

C.E. Grant lives the magical life, making art and books, in the company of her witchy, whiskered familiars, The Ladies, & her fiancé, Mr. Man.

In 1992, Ceci was initiated as a Wiccan high priestess of the Green Ray by a husband-&-wife High Priest & High Priestess team from the Temple of Isis coven in the Greater Chicago Metro Area.

Since then, C.E. Grant has provided divination & spells privately to professionals in all walks of life, in addition to writing about the Wiccan Way for Craft members & *cowans* alike.

Ceci is currently writing *Celebrating the Seasons: Wiccan Ways for Special Days* for her sisters & brothers in the Craft.

Blessed be.

My Notes

My Notes