













# Kitchen Witch Herb Chart

<p>ALLSPICE</p> 	<p>Use to attract money or luck. Use for healing. Good for freshening breath, aiding digestion or to treat arthritis. Also increases circulation to the skin so good for acne and to warm your body.</p>	<p>LAVENDER</p> 	<p>Use for love, protection, purification, clarity, wishes, fertility &amp; visions. An aid for peace and sleep as well as a treatment for headache &amp; digestion.</p>
<p>BASIL</p> 	<p>Use to bring balance to the mind, for peace, prosperity, protection, love and happiness. Will prepare you for astral projection as well as physical journeys. Useful for bringing peace after conflict.</p>	<p>OREGANO</p> 	<p>Use for happiness &amp; joy, luck, protection, tranquillity, bringing visions &amp; to deter troublemakers. Also use in love spells both to attract &amp; to let go. Soothes digestion, nervous issues &amp; coughs. Add to a bath to relax muscles or drink in a tea to soothe toothache.</p>
<p>BAY LEAF</p> 	<p>Enhance your psychic abilities, use for protection &amp; burn to fumigate your house against nasty spirits. For healing make a tea to aid in digestion, calm nerves &amp; cleanse the body of impurities. Make a poultice with the leaves &amp; berries &amp; place on the chest to ease head &amp; chest colds.</p>	<p>PARSLEY</p> 	<p>Use for happiness &amp; good luck, protection, purification, fertility, lust &amp; passion, health, strength &amp; vitality, divination, communicating with other realms &amp; in rituals to honour those that have passed. Use to treat urinary &amp; kidney ailments. Make a compress to sooth swelling &amp; puffiness.</p>
<p>CINNAMON</p> 	<p>Use to raise your spiritual vibration and to stimulate clairvoyance. Use to increase male passion. Good for prosperity, to draw love &amp; happiness. Make a tea to stimulate the digestive system &amp; relieve an upset tummy.</p>	<p>ROSEMARY</p> 	<p>Protection, purification, love &amp; attraction, intellect &amp; memory, use to deter thieves, to encourage fidelity &amp; dispel jealousy, to remember past lives &amp; remember dreams, a wonderful hair tonic, can increase circulation &amp; relieve aches &amp; pains.</p>
<p>CORIANDER</p> 	<p>Use for love spells, for clairvoyance, divination, passion, peace, protection, health and for gain or attraction. Also use for fertility and to keep a hold on things (retention).</p>	<p>SAGE</p> 	<p>Use for healing &amp; prosperity, cleansing, protection, the granting of wishes, longevity &amp; immortality, to relieve grief &amp; sadness, to build courage &amp; strength, for wisdom, use as a gargle for a sore throat, can boost insulin.</p>
<p>DILL</p> 	<p>Use for protection, love, lust, money and luck. Use for vision quests to bring inner understanding &amp; make sachets to place over babies cots for protection. Make a bath sachet to make yourself irresistible to your lover.</p>	<p>THYME</p> 	<p>Use to enhance clairvoyance &amp; for divination, to cure nightmares, for protection, courage, cleansing &amp; consecration, happiness, healing, love, money, magic, use as a cough remedy, to aid digestion &amp; deal with parasites (internal).</p>

Add these herbs & spices to your food, make sachets, potions, healing balms, incense or whatever other magic you can conjure