



Witch's Herb Bath Bombs

(Mugwort & Thyme)

For the days you need to soak until your fingers are prune and your enemies are confused.

Folklore & Fizz:

Medieval wise women might not have had bath bombs, but they certainly knew the value of a good soak — particularly with herbs that banish gloom and bolster courage. Mugwort to sweep the cobwebs from your head, thyme to chase off lurking ills (or visiting in-laws).

Healer's Notes:

Mugwort — clears heavy thoughts and is deeply unimpressed by bad spirits.

Thyme — brings courage, health, and a faint whiff of roast chicken (in the best way).

Spiritual Use:

Drop one into hot bathwater before rituals, important decisions, or Mondays.

Let the herbs speak to your skin and spirit.

You Shall Need:

- *6 tbsp bicarbonate of soda
- *3 tbsp citric acid
- *1 ½ tbsp cornflour
- *2 tbsp oil (coconut, sunflower, almond)
- *Dried mugwort & thyme (plus lavender or calendula if you're feeling showy)
- *Few drops lavender or rosemary essential oil (optional)
- *Spray bottle with witch hazel or water

The Crafting Thereof:

1. In a bowl, mix the dry ingredients — imagine you are a miser counting coins.
2. Stir in the oil, herbs, and any essential oils.
3. Spritz with witch hazel a little at a time, stirring constantly, until the mixture holds together when squeezed.
4. Press into moulds (or just squish into balls like the anarchist you are).
5. Leave to dry 24 hours. Use liberally. Or gift to those who need a magical dunking.

*From Seraphiel's Stillroom
seraphielsstillroom.com*



Flying Ointment (Folk-Spell)
a Delightfully Mixed
(No broomstick required - though
does look better if you're wearing

1. 1/2 sp almond oil
2. 1/2 sp beeswax
3. 1/2 sp dried mugwort (for dreams)
4. 1/2 sp dried yarrow (for spirits)
5. 1/2 sp dried lavender (for love)

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