



VIRGO NEW MOON OILS + HERB

JUNIPER

Think Tonifying + Purifying Juniper (*Juniperus communis*)

Energetically this oil is known for its ability to purify and helps us as we physically and energetically reorganize our lives bring. It brings us back to our center of inner strength and into a state of empowerment.

CEDARWOOD

Think Clarity + Strength Cedarwood (*Juniperus virginiana*)

Energetically this oil is known for strength and fortitude. It is grounding and calming and helps us to feel more centered and balanced. Inhale and feel the wisdom and clarity.

BLACK SPRUCE

Think Grounding + Centering Black Spruce (*Picea mariana*)

Energetically this oil is known for its grounding and focusing qualities. When it's time to clarify and center this majestic tree can help us to ground and root, allowing for deeper self knowledge and inspiration.

VIRGO NEW MOON BLEND

Recipe

- In a 1 oz amber glass bottle add 15 drops Juniper, 15 drops Cedarwood + 15 drops Black Spruce
- Add 1 oz of base oil such as organic jojoba oil or organic sweet almond oil
- Mix and store in a cool dark place

Directions For Use

- Apply blend by putting 1-2 drops on pulse points, temples, chest, or neck and inhale deeply. Reapply throughout the day as needed

CLEARING SPRAY

Recipe

- In a 2 oz amber glass bottle add 20 drops Juniper + 20 drops Black Spruce
- Add 2 oz of clearing hydrosol such as Lavender, White Sage, Frankincense, or Yarrow (or distilled water)

Directions For Use

- Spray around body or the room when in need of centering and clearing

OAT STRAW

Oat Straw (*Avena sativa*) is a highly nutritive herb that can help to restore us during this phase of reorganization. In herbalism it is thought to be highly supportive to the nervous system and is thought to be rejuvenating when you've been overly stressed. Energetically consider it a mothering herb, one that feeds you and loves you back to a place of strength.

Recipe

- Put 1 cup of Oat Straw (buds + straw) in a heat proof container
- Boil 2-3 cups water and pour over Oat Straw
- Let sit for 4-8 hours or overnight
- Strain + sip (chill for a refreshing hot weather nourishing drink)