



Self Love Spell Jar



Here are a list of ingredients and their correspondences! You do not need them all, so choose according to your preference or what you have access to! Set the witchy mood, play a self-love playlist, light some candles or incense and embrace yourself! The first step for this spell is to cleanse the jar or bottle you choose to use. This could be done by smudging or any other cleansing method. Next, place the ingredients one at a time while reflecting on the meaning of each one. Say one thing you love about yourself for each item placed in the container. Seal the bottle or jar with pink candle wax and hold your container in your hands to feel the love radiating through you. Place on your altar or somewhere you would see it often. (Optional) Indulge in a piece of chocolate after for self-love, friendship and grounding!

INGREDIENTS:

- Lavender: To encourage soothing thoughts
- Rose Quartz: Self-love and all other forms of love
- Sugar: To promote added sweetness to your attitude
 - Rosemary: Banish negative energy
 - Chamomile: Positive energy
 - Jasmine: Divine love
 - Rose petals: Self-love
- Cinnamon: Amplify and boost spell
- Eggshell powder: Banishing
- Salt: Cleansing away negativity
- Clear Quartz: To amplify and boost spell
- Orange peels or essential oils: Uplifting and cheerfulness
- Amethyst: Calming and relaxing

