



Naturally Modern Witch: Potions Workshop

Introduction to Potions

- Potions are the whispers of nature, revealing its ancient secrets; in potions, as in life, the most powerful transformations often emerge from the simplest ingredients.

What are potions?

- Potions are liquid concoctions with medicinal, magical, or symbolic properties, rooted in ancient times and continuing significance in modern witchcraft.

Types of potions

- Herbal teas & infusions
- Elixirs, decoctions, syrups, oxymels, shrubs
- Tinctures & glycerites
- Spell Oils
- Magical Waters
- Ointments & salves
- Bath soak

Herbal Teas/Infusions

- Made from dried or fresh herbs, customizable to various needs.
- Tea steeps for 3-5 min, while infusions sit for 4 hours or overnight.

Syrups and Oxymels

- Syrup: a thick, sweet liquid made by dissolving sugar in water and infusing it with herbs, fruits, or other flavorings.
- Oxymel: a traditional herbal preparation made by combining vinegar, honey, and herbs.

Shrubs, Tinctures, and Floral Essences

- Shrub: a syrup incorporating vinegar along with fruit, herbs, or spices.
- Tinctures: concentrated herbal extracts made with alcohol or glycerin.
- Floral essence: liquid preparation made from flowers infused in water and preserved with alcohol.

Spell Oils and Magical Waters

- Spell oils: blends of oils infused with herbs, flowers, or botanicals.
- Magical waters: used for spiritual cleansing, protection, and purification.

Ointments/Salves and Ritual Baths

- Ointments and salves: herbal mixtures combined with oils or fats.
- Ritual baths: involve infusing bathwater with herbs, flowers, salts, or other ingredients.

Tools for potion-making

Practitioners form a partnership with their tools often viewing them as vessels of energy or entities with inherent power.



Naturally Modern Witch: Potions Workshop

- Cleansing Method
- Spirit Candle
- Mortar and Pestle
- Cauldron
- Measuring Spoons and Cups
- Strainer or Sieve
- Cheesecloth or Muslin Bags
- Glass Bottles or Jars
- Funnel
- Labels and Marker
- Stirring Rod or Spoon
- Double Boiler
- Dropper or Pipette
- Scale
- Notebook/Pen
- Crystals
- Wand

The Art of Potion Crafting: Ingredients

- Setting Intention
- Correspondences
- Choosing Ingredients

Steps of Potion Crafting

- Cleanse
- Concentrate
- Ground
- Raise Energy
- Communicate
- Charm and Charge with intention

Practical Application

- Consuming potions
- Anointing oneself or tools
- Potions have a historical significance, modern applications, and magical potential.



Naturally Modern Witch: Potions Workshop

Carrier Oils and Their Magical Properties

Ruler: Mercury
Element: Air.
Uses: Prosperity, money, and wisdom.

Apricot
Ruler: Venus
Element: Water.
Uses: Love

Avocado
Ruler: Venus
Element: Water
Uses: Love, lust, romance, or beauty.

Castor
Ruler: Mars
Element: Fire
Uses: Protection

Coconut
Ruled: Moon
Element: Water
Uses: Cleansing and protection.

Grapeseed
Ruler: Moon
Element: Water
Uses: Fertility, money, abundance, mentalism.

Hemp
Ruler: Moon/Saturn
Element: Water
Uses: Intuition, divination, psychic ability, healing, and love.

Jojoba
Ruler: Moon
Element: Water
Uses: Healing and love

Olive
Ruler: Sun
Element: Fire
Uses: Protection, fertility, abundance, peace

Sunflower
Ruler: Sun
Element: Fire
Uses: Protection, wisdom, health, and fertility

Other Carrier Correspondences

Water

Ruler: Moon
Element: Water
Uses: Purification, healing, emotional balance, divination, transformation, connection to the divine feminine, consecration, spirit communication, manifestation, and emotional release.
Water symbolizes fluidity, adaptability, and intuition.

Salt or Clay

Ruler: Earth
Element: Earth



Naturally Modern Witch: Potions Workshop

Uses: Purification, protection, grounding, absorption of negative energy, enhancement of psychic abilities, banishing evil, and preservation of energy. It is used in rituals, offerings, and cleansing baths, symbolizing purity and stability. Salt amplifies intentions, enhances spells, and represents the earth element's nurturing qualities.

Alcohol

Ruler: Jupiter and Mercury

Element: Fire

Uses: Embodies spiritual elevation, celebration, and transformation. It is used for libations, celebrations, and medicinal purposes. Symbolizing purification and protection, it can enhance spells and rituals while representing the fire element's transformative qualities.

Glycerine

Ruler: Venus and Saturn

Element: Water

Soothing, preservation, binding, and adaptability. It symbolizes healing, stability, and manifestation, making it potentially useful in rituals aimed at nurturing, preserving intentions, fostering unity, and navigating change as it brings sweetness to any spell.

Vinegar

Ruler: Mars and Saturn

Element: Fire

Cleansing, protection, banishing, and transformation. It is used in rituals for purification, breaking curses, souring relationships, and manifesting intentions. Vinegar symbolizes renewal, dissolution of negativity, and spiritual purification.

Honey

Ruler: Venus

Element: Earth

Symbolizes sweetness, healing, attraction, and unity. It is used in rituals to attract love, abundance, and positive energy, promote emotional healing, and enhance spells' effectiveness. Honey represents preservation, prosperity, and transformation, making it a versatile ingredient for nurturing and manifesting desires.



Recipes

Infusion for Tranquility and Clarity

Ingredients:

- 10g Chamomile
- 10g Lemon Balm
- 10g Spearmint
- 1-quart glass jar with lid
- Fine Strainer

Instructions:

1. Measure 10g each of chamomile, lemon balm, and spearmint into a 1-litre glass jar.
2. Pour over 1 litre of boiling water.
3. Stir to wet the dried herbs.
4. Seal the jar firmly with a lid.
5. Leave it to infuse for at least 4 hours or overnight.
6. Pour through a fine strainer into a glass bottle.
7. Refrigerate and drink throughout the day.

Magickal Water for Bringing Joy and Positivity

Ingredients:

- 1 cup dried Lavender flowers
- Zest of 1 Citrus fruit
- 1/2 cup dried Rose petals
- 2 cups water
- 1 teaspoon optional Witch Hazel
- Spray bottle

Instructions:

1. Gather ingredients and prepare a sacred space.
2. Combine Lavender, Citrus zest, and Rose petals in a glass bowl.
3. Pour boiling water over herbs, infusing with intentions.
4. Let steep and cool to room temperature.
5. Strain mixture into a spray bottle.
6. Optionally add Witch Hazel for preservation.
7. Shake to blend ingredients.
8. Visualize and infuse water with intentions.
9. Store in a cool, dark place.
10. Spray around body or space for cleansing and positivity.



Naturally Modern Witch: Potions Workshop

Infused Oil for Enhanced Dream Work

Ingredients:

- Dried Mugwort leaves
- Dried Wild Lettuce leaves
- Carrier oil
- Glass jar with lid
- Cheesecloth or strainer

Instructions:

1. Combine dried Mugwort and Wild Lettuce in a jar with carrier oil.
2. Seal and let infuse in a cool, dark place for 4-6 weeks, shaking occasionally.
3. Strain mixture into a clean container.
4. Store in airtight glass bottle in a cool, dark place.

Usage:

Apply for massage or topical use before bed.

Use in rituals or meditation for relaxation.

Add to bath for a soothing experience.

Perform a patch test before use.

Relaxing Self-love Bath

Ingredients:

- 1/2 cup dried lavender buds
- 1/4 cup dried chamomile flowers
- 1/4 cup dried rose petals
- 2 tablespoons dried calendula petals
- 2 tablespoons oatmeal or powdered milk (optional, for soothing the skin)

Instructions:

1. In a mixing bowl, combine all the ingredients.
2. Stir the mixture well to ensure even distribution of the ingredients.
3. Scoop about 1/4 to 1/2 cup of the herbal mixture into a large muslin bag, cheesecloth square, or a clean, old sock.
4. Tie the bag securely with a string or rubber band to create a sachet.
5. Fill your bathtub with warm water.
6. Drop the herbal sachet into the bathwater, allowing it to steep and release its fragrances and properties.
7. Optionally, swish the sachet around in the water or gently squeeze it to release more of the herbal essence.
8. Once the bath is filled and the herbal sachet is in, you can relax and soak in the bath for at least 20 minutes.



Naturally Modern Witch: Potions Workshop

Resources:

History

<https://www.getty.edu/news/potions-and-poisons-classical-ancestors-of-the-wicked-witch/>

<https://academic-accelerator.com/encyclopedia/potion>

<https://www.historyextra.com/period/ancient-history/love-potions-aphrodisiacs-facts-spanish-fly/>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3573364/>

Books

[Cunningham's Encyclopedia of Magical Herbs](#)

[Llewellyn's Complete Book of Correspondences](#)

[The Complete Herbal Tutor](#)