

# Spring Equinox Incense Blend

Meet the ingredients...



Nettle for Spring tonic energies -  
cleansing away the old and  
fortifying the new

Dragon's Blood powder for the spark  
of new life that fires up in Springtime



Daisy or Dandelion root, flower or leaf –  
important plants of the spring equinox that  
represent the sun (and lifesavers for early  
pollinators)

Winter Honeysuckle-  
blooms at dusk during the winter and  
represents the *night* side of the equinox



1 - 3 Drops each of rosemary and/or  
mint oil to boost the fresh spring  
energy of the blend

# Spring Equinox Loose Incense Blend

You will need:

A mortar and pestle

A clean jam jar (or similar)

A label and pen

Plus the following ingredients:



½ part of dried nettle



¼ part of dragon's blood powder



1 part dried dandelion or daisy  
(can be root, leaf or flower)



1 part dried winter honeysuckle flowers



1 - 3 drops each of rosemary and/or  
mint essential oil

# Spring Equinox Loose Incense Blend

## Putting it all together

Add all the of the ingredients into the mortar and use the pestle to gently grind the ingredients together.

If you want to add the essential oil/s after you've ground all the ingredients together, just give the blend a good stir to make sure the oils are well distributed.

Once you have reached the consistency you like, tip the blend into the clean jar and put the lid on.

Write the name of the blend and the date you made it on the label that you've chosen for the jar.

This blend is mainly herbal and doesn't use resins like frankincense or myrrh. This means it will burn quite quickly, which is what I wanted for this particular blend.

If you'd prefer a longer burning incense, feel free to add  $\frac{1}{2}$  a part of either frankincense, myrrh or pine resin to the blend before you grind it all together in the mortar and pestle.