

MONTHLY HEBREW ESSENCE ELIXIRS

(updated spring 5781)

directions suggestions: roll bottle in hands & exhale. take 1-7 drops internally, on the wrist, or place drops into a bowl of water on an altar or windowsill. experience the essence daily throughout the month

nisan essence blend: sprout into liberated living with dynamic physical energy, inner ease with work & play, and hope
{ingredients}: spring water, dandelion flower essence, welsh poppy flower essence, chamomile infused brandy, & taleh/aries essence

iyar essence blend: honor and strengthen a healthy ego! this blend is a helpful companion while counting the omer
{ingredients}: spring water, milkweed flower essence, ground ivy and cardamom infused brandy, & shor/taurus essence

sivan essence blend: a blend to reinvigorate the will to live, commitment to life & joy & text study, despite trials and pains. {ingredients}: spring water, wild dog rose essence, rose quartz gem essence, rose petal brandy, & teomim/gemini essence

tammuz essence blend: a supportive pairing to bring back perceptive mindfulness & work as an inner calling fueled with pleasure. {ingredients}: spring water, fresh milky oat, forget-me-not flower essence, brandy, & sartan/cancer essence

av essence blend: bittersweet sunshine in a bottle. explore the complex feelings of love and grief in the heat of the summer's abundance. {ingredients}: spring water, elderberry, rose, tulsi essences, brandy, & aryeh/leo essence

elul essence blend: a blend to help honor radical change and release the things that no longer serve you {ingredients}: spring water, full moon, marigold flower essence, calendula infused brandy, & betulah/virgo essence

tishrei essence blend: fill your month with sweetness, inspiration, replenishment & high holiday prayer {ingredients}: spring water, strawflower flower essence, anise hyssop infused brandy & moznayim/libra essence

cheshvan essence blend: a heart-centered immunity blend to illuminate the divine light within, cultivating our personal fire to carry into dark times {ingredients}: spring water, reishi mushroom, witch hazel flower essence, brandy, & akrav/scorpio essence

kislev essence blend: a blend to ease, with resilience, into your dreams, both waking and sleeping, and to witness miracles all around you. {ingredients}: spring water, garlic and mugwort flower essences, ginger, honey, brandy, & keshet/sagittarius essence

teyvet essence blend: during darker cycles in our lives, we need a gentle reminder to reach out with positive vulnerability & awakened consciousness {ingredients}: spring water, black eyed susan & poison oak flower essences, blackberry infused brandy, honey & gedi/capricorn essence

shevat essence blend: feel the sap rise again! a blend for stepping into creative artistry, and making connections with neighbors. {ingredients}: spring water, maple syrup, violet & mallow flower essences, hawthorn berry infused brandy, & d'li/aquarius essence

adar essence blend: awaken your inner responsibility and intuition for personal touch, self-care, and joy! {ingredients}: spring water, prunella & borage flower essence, moonstone gem essences, hibiscus brandy, & daggim/pisces essence

*all blends contain some alcohol for preservation. please, let me know if you need alcohol-free!
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