

Healing Tea Spell Recipe Card

A Gentle Healing Tea Spell

This simple tea spell combines the nurturing power of herbs with gentle magic to support your body and spirit. Use it whenever you need a moment of calm, restoration, or healing energy.

What You'll Need

- A favorite mug
- Herbal tea (peppermint, chamomile, lemon balm, or ginger)
- Honey or lemon (optional)
- A quiet space

Spell Steps

1. Boil water and steep your tea.
2. Hover your hands over the mug and say:
"Leaf and water, herb and light,
Heal me gently, day and night."
3. Stir in honey or lemon, saying:
"With every sip, may wellness grow,
From head to heart, let healing flow."
4. Sip slowly and visualize golden healing light filling your body.

Optional Magical Touches

- Light a white candle
- Wrap yourself in a cozy blanket
- Hold rose quartz or amethyst
- Journal after your tea ritual