

Types of Smudge

White Sage

Remove negative energy, cleanse homes & sacred items. Also used for meditation, cleansing, & purification. Known for its antibacterial properties.

Mugwort

Used traditionally to cleanse energies & get rid of negativity, has a reputation for stimulating dreams, so many burn it before bed.

Cedar

Renewal, protection, & grounding. Drive out negative energy, banish fear, enhances courage, bring in good influences. Use to bless a new house when moving in.

Mountain Sage

Promotes new beginnings, strength, & space clearing.

Blue Sage

"Grandmother Sage" cleansing, purification, spiritual strength, used during exorcism rituals as well to remove the malevolent spirits.

Dragon's Blood

This powerful combination of white sage & dragon's blood resin creates a powerful tool for cleansing & purification. Use for banishing, protection, sexuality, & love.

Palo Santo

The "Holy Stick" or "Holy wood" a spiritual remedy for purifying and cleansing, as well as to get rid of evil spirits and misfortune. Known to inspire creativity & bring in deeper connection to source

Lavender Sage

Used for cleansing, psychic protection, increasing clairvoyance, creating the energy of happiness & healing, purification, & tranquility.

Yerba Santo

"Holy Weed", protection & setting boundaries, purification, growth, empowerment, beauty, & the release of emotional pain stored in the heart chakra as well as emotional renewal.

Sweetgrass

Symbolizes healing, peace, & spirituality, invites in positive energies & spirits.