

# Goddess Beauty

We all inspire to put our best face (and feet) forward in life, and nothing can make a Goddess feel better than a bit of pampering, especially when there's a higher purpose to it! A beauty routine is pretty much a great excuse to worship the self, anyway, all aspiring Goddesses should be encouraged to do this as often as possible! You need to worship if you want to be worshiped....and we say do unto others as you would have them do unto you!

## The Goddess Potion

Each day take some time to honour your body. Our bodies serve us well, and we should be mindful of how much we put them through. Although we are madly rushed for time, using the Goddess potion can become an enjoyable part of your daily routine and the benefits can be truly astounding. A few minutes of concentrated energy can recap spectacular long-term results. It is important to remember to give back to yourself, and sometimes it needs to be just you putting energy back into you!

### To make the Goddess Potion

Combine 15 drops of rose oil, 20 drops of sandalwood oil and 15 drops of jasmine oil, with 100ml of oil of jojoba. Mix well. After you have finished showering, rub the Goddess potion all over your body, and as you do this, imagine you are absorbing the essence of the Goddess. You can make your own unique signature blend with your favourite essential oils, try a few potions of your own.

## Chart of Essential Oils

The following chart lists some of the most common essential oils and includes useful tips for what the oil can be used for both therapeutically and magically.

Essential Oil	Aromatherapy & Emotional uses	Magical uses
Basil	Stimulating, clarifying, focusing, good for mental fatigue	Purification, protection, attracts money
Bergamot	Uplifting, enhances creativity, antidepressant	Protection, attracts prosperity
Black Pepper	Warming, helps circulation	Lust, courage
Cardamon	Refreshing, invigorating, aids digestion	Love, aphrodisiac
Cedarwood	Helps focus, acts as a sedative, antiseptic	Protection, enhances spiritual awareness
Chamomile	Relieves tension and anxiety, calming, antidepressant	Prosperity, meditation
Cinnamon	Aids poor circulation and lethargy, warming, anti-fungal	Passion, strengthens psychic awareness
Clary Sage	Relieves muscle tension, abdominal pain, alleviates premenstrual pain	Protection, grounding
Clove	Antiseptic, analgesic	Divination, lust
Comfrey	Soothing to the stomach, helps clear the lungs, alleviates bruising	Safe travel
Coriander	Stimulant, antispasmodic	Lust, love
Cumin	Tonic, antispasmodic, carminative	Aphrodisiac
Cypress	Antiseptic, sedative, astringent	Purification, healing, calms jealousy, eases the pain of loss
Dill	Aromatic, aids digestion	Protection, clarity
Eucalyptus	Antiseptic, antiviral, antibacterial	Purification, healing
Fennel	Cleansing, warming, anti-inflammatory	Purification, protection
Frankincense	Antiseptic, astringent, anti-inflammatory	Courage, spirituality, nightmares
Geranium	Antidepressants, mild analgesic, calming	Courage, protection, happiness
Ginger	Strengthening, warming, stimulating	Prosperity, attracts money
Grapefruit	Antidepressant, antiseptic, diuretic	Purification
Jasmine	Uplifting, antidepressant	Love, luck, aphrodisiac

Essential Oil	Aromatherapy & Emotional uses	Magical uses
Juniper	Antiseptic, diuretic, detoxifying	Protection, prevents theft
Lavender	Calming, comforting, antiseptic, balancing	Love, protection
Lemon	Antibacterial, sedative, digestive	Healing
Lemongrass	Strong antiseptic, bactericide, refreshing	Psychic awareness
Lime	Antibacterial, diuretic, stimulating, refreshing	Healing, protection
Mandarin	Antispasmodic, revitalising, aids digestion	Cleansing
Marjoram	Sedative, soothing, analgesic	Protective
Myrrh	Stimulating, anti-inflammatory, empowering	Spirituality, healing
Neroli	Antidepressant, sedative, antispasmodic	Happiness and health, attracts love
Nutmeg	Stimulating, aids digestion, warming	Psychic powers
Orange	Antidepressant, antispasmodic, uplifting	Luck, love
Palmarosa	Stimulant, antiseptic, antirheumatic	Healing
Patchouli	Sedative, anti-inflammatory, calming	Love, passion, attracts money
Peppermint	Analgesic, expectorant, energising	Healing
Petitgrain	Sedative, digestive, nurturing	Protective, empowering
Pine	Antiseptic, stimulant, inspiring	Spirituality, cleansing
Rose	Soothing, antidepressant, anti-inflammatory, indulgent	Love, clairvoyance
Rosemary	Stimulant, antispasmodic, astringent, awakening	Purification, love, mental power
Rosewood	Stimulant, antiseptic, sedative	Psychic awareness
Sage	Antispasmodic, antiseptic, astringent, balancing	Riches, cleansing, promotes wisdom
Sandalwood	Sedative, anti-inflammatory, stabilising	Spirituality, manifests wishes, protection
Tea Tree	Antiseptic, antifungal, antibacterial, purifying	Cleansing, purification
Thyme	Digestive, antiseptic, diuretic, energising	Healing, prosperity
Vetiver	Sedative, relaxing, grounding	Luck, prosperity
Ylang Ylang	Aphrodisiac, soothing, sedative	Love, passion, peace

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Beauty • Body • Soul

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