

Herbal Glossary

A concise guide to 55 common and easy-to-source herbs, their uses, magical properties, and precautions.

1. Chamomile (*Matricaria chamomilla*)

Uses: Calms nerves, soothes skin, reduces inflammation.

Magical Properties: Attracts peace, prosperity, and luck; used for protection and relaxation in spells.

Preparation Tips: Steep flowers for tea or use in hair rinses.

Precautions: Avoid if allergic to ragweed.

2. Rosemary (*Rosmarinus officinalis*)

Uses: Improves memory, stimulates hair growth, relieves muscle pain.

Magical Properties: Enhances memory, purification, and protection; wards off negativity.

Preparation Tips: Infuse in oil or make a hair rinse.

Precautions: Avoid in large amounts during pregnancy.

3. Lavender (*Lavandula angustifolia*)

Uses: Promotes relaxation, soothes burns, supports sleep.

Magical Properties: Brings peace, love, and calm; used in dream work and to attract loving energy.

Preparation Tips: Use in teas, baths, or infused oils.

Precautions: May irritate sensitive skin.

4. Peppermint (*Mentha × piperita*)

Uses: Relieves headaches, supports digestion, cools the scalp.

Magical Properties: Stimulates energy, enhances focus, and draws in abundance and prosperity.

Preparation Tips: Use fresh or dried leaves for tea or scalp rinses.

Precautions: Avoid during pregnancy in high doses.

5. Green Tea (*Camellia sinensis*)

Uses: Antioxidant-rich, improves skin health, stimulates hair follicles.

Magical Properties: Enhances clarity, focus, and grounding; often used in rituals for new beginnings.

Preparation Tips: Brew leaves for tea or use as a rinse.

Precautions: Contains caffeine; avoid before bed.

6. Butterfly Pea Flower (*Clitoria ternatea*)

Uses: Enhances hair shine, promotes relaxation, provides natural blue tint.

Magical Properties: Associated with intuition, psychic abilities, and calming energy.

Preparation Tips: Use dried flowers for teas or hair rinses.

Precautions: Safe in moderation.

7. Hibiscus (*Hibiscus sabdariffa*)

Uses: Strengthens hair, promotes hair growth, enhances red tones.

Magical Properties: Linked to love, passion, and vitality; often used in attraction spells.

Preparation Tips: Steep dried flowers for tea or hair masks.

Precautions: May lower blood pressure; avoid if hypotensive.

8. Calendula (*Calendula officinalis*)

Uses: Soothes skin, promotes healing, reduces dandruff.

Magical Properties: Attracts happiness, protection, and light; used in healing and cleansing rituals.

Preparation Tips: Infuse petals in oil or steep for tea.

Precautions: Avoid if allergic to marigolds.

9. Sage (*Salvia officinalis*)

Uses: Reduces dandruff, darkens hair, supports oral health.

Magical Properties: Clears negative energy, offers wisdom, and promotes longevity.

Preparation Tips: Use as a tea or hair rinse.

Precautions: Avoid large doses during pregnancy.

10. Mugwort (*Artemisia vulgaris*)

Uses: Enhances scalp health, promotes lucid dreaming, detoxifies.

Magical Properties: Boosts intuition, supports dreamwork, and aids in protection.

Preparation Tips: Steep leaves for tea or hair rinses.

Precautions: Avoid during pregnancy.

11. Nettle (*Urtica dioica*)

Uses: Promotes hair growth, reduces inflammation, strengthens nails.

Magical Properties: Protection, strength, and warding off negativity.

Preparation Tips: Brew as tea or make hair rinses.

Precautions: Handle fresh leaves with gloves (they sting).

12. Rose (*Rosa spp.*)

Uses: Hydrates skin, reduces redness, soothes scalp.

Magical Properties: Symbolizes love, beauty, and harmony; used in spells for self-love and healing.

Preparation Tips: Use petals for tea or rose water.

Precautions: Ensure petals are pesticide-free.

13. Lemon Balm (*Melissa officinalis*)

Uses: Calms nerves, improves mood, soothes digestion.

Magical Properties: Encourages happiness, reduces stress, and promotes love and healing.

Preparation Tips: Use fresh or dried leaves for tea.

Precautions: Avoid with thyroid conditions.

14. Basil (*Ocimum basilicum*)

Uses: Reduces inflammation, supports hair health, uplifts mood.

Magical Properties: Brings prosperity, protection, and good fortune; used to ward off negative energy.

Preparation Tips: Infuse fresh leaves in oil or steep for tea.

Precautions: Safe in culinary amounts.

15. Thyme (*Thymus vulgaris*)

Uses: Fights dandruff, supports respiratory health, antibacterial.

Magical Properties: Enhances courage, protection, and purification.

Preparation Tips: Use fresh or dried for teas or rinses.

Precautions: Avoid large amounts during pregnancy.

16. Red Clover (*Trifolium pratense*)

Uses: Supports scalp health, soothes skin, balances hormones.

Magical Properties: Brings luck, enhances love, and offers protection from negative energy.

Preparation Tips: Steep flowers for tea or infusions.

Precautions: Avoid if on blood thinners.

17. Fenugreek (*Trigonella foenum-graecum*)

Uses: Promotes hair growth, soothes the scalp, supports lactation.

Magical Properties: Attracts abundance, enhances courage, and boosts energy.

Preparation Tips: Soak seeds and grind into a paste or tea.

Precautions: Avoid during pregnancy.

18. Ginger (*Zingiber officinale*)

Uses: Stimulates hair growth, reduces inflammation, supports digestion.

Magical Properties: Promotes success, passion, and prosperity; boosts energy and protection.

Preparation Tips: Use fresh slices for tea or scalp treatments.

Precautions: May irritate sensitive skin.

19. Jasmine (*Jasminum* spp.)

Uses: Softens hair, soothes nerves, improves mood.

Magical Properties: Draws in love, enhances spiritual awareness, and promotes relaxation.

Preparation Tips: Use flowers for tea or hair rinses.

Precautions: Rarely causes allergies.

20. Aloe Vera (*Aloe barbadensis*)

Uses: Moisturizes skin and scalp, promotes healing, reduces dandruff.

Magical Properties: Brings protection, promotes healing, and enhances clarity in rituals.

Preparation Tips: Use fresh gel or add to rinses.

Precautions: Test for skin sensitivity.

21. Dandelion (*Taraxacum officinale*)

Uses: Detoxifies scalp, promotes healthy skin, supports liver health.

Magical Properties: Symbolizes wishes, growth, and resilience; used for divination.

Preparation Tips: Use leaves or roots for tea.

Precautions: Avoid if allergic to daisies.

22. Cucumber (*Cucumis sativus*)

Uses: Hydrates skin, cools the scalp, reduces puffiness.

Magical Properties: Encourages emotional healing and serenity; associated with purification.

Preparation Tips: Blend into masks or infuse in water.

Precautions: Safe for most.

23. Parsley (*Petroselinum crispum*)

Uses: Adds shine, detoxifies scalp, supports digestion.

Magical Properties: Attracts abundance, prosperity, and vitality.

Preparation Tips: Steep fresh leaves for rinses or teas.

Precautions: Avoid large amounts during pregnancy.

24. Cinnamon (*Cinnamomum verum*)

Uses: Stimulates hair growth, warms muscles, boosts circulation.

Magical Properties: Brings success, love, and prosperity; amplifies energy in rituals.

Preparation Tips: Add a stick to infusions or use in masks.

Precautions: May irritate sensitive skin.

25. Bay Leaf (*Laurus nobilis*)

Uses: Fights dandruff, strengthens hair, supports digestion.

Magical Properties: Enhances protection, wisdom, and manifestation; used in wish spells.

Preparation Tips: Boil leaves for hair rinses or teas.

Precautions: Remove before drinking.

26. Fennel (*Foeniculum vulgare*)

Uses: Soothes scalp, improves digestion, reduces bloating.

Magical Properties: Attracts courage, protection, and strength; linked to mental clarity.

Preparation Tips: Use seeds for tea or rinses.

Precautions: Avoid in high doses during pregnancy.

27. Clove (*Syzygium aromaticum*)

Uses: Stimulates scalp, promotes hair health, supports immunity.

Magical Properties: Brings protection, prosperity, and love; boosts energy in rituals.

Preparation Tips: Use cloves for infusions or essential oil.

Precautions: May irritate sensitive skin.

28. Mint (*Mentha spp.*)

Uses: Cools scalp, improves digestion, uplifts mood.

Magical Properties: Draws abundance, clears negativity, and energizes the spirit.

Preparation Tips: Use fresh or dried leaves for teas or rinses.

Precautions: Avoid in large doses during pregnancy.

29. Marigold (*Tagetes spp.*)

Uses: Soothes skin, reduces dandruff, heals wounds.

Magical Properties: Attracts positivity, protects from negativity, and enhances confidence.

Preparation Tips: Use petals for teas or infusions.

Precautions: Safe for most.

30. Sagebrush (*Artemisia spp.*)

Uses: Purifies scalp, promotes relaxation, clears energy.

Magical Properties: Cleanses spaces, enhances intuition, and offers protection.

Preparation Tips: Use leaves for smudging or teas.

Precautions: Avoid during pregnancy.

31. Lemongrass (*Cymbopogon citratus*)

Uses: Fights scalp infections, refreshes skin, reduces stress.

Magical Properties: Enhances clarity, removes negativity, and boosts energy.

Preparation Tips: Steep leaves for tea or hair rinses.

Precautions: Avoid during pregnancy in large amounts.

32. Yarrow (*Achillea millefolium*)

Uses: Heals wounds, reduces dandruff, promotes hair health.

Magical Properties: Offers protection, boosts courage, and aids in divination.

Preparation Tips: Infuse flowers for tea or rinses.

Precautions: Avoid during pregnancy.

33. Eucalyptus (*Eucalyptus globulus*)

Uses: Stimulates scalp, clears sinuses, soothes muscles.

Magical Properties: Cleanses spaces, boosts energy, and enhances healing.

Preparation Tips: Use leaves or essential oil in infusions.

Precautions: Dilute oil before application; avoid with asthma.

34. Orange Peel (*Citrus sinensis*)

Uses: Brightens hair, refreshes skin, uplifts mood.

Magical Properties: Attracts joy, abundance, and positivity; used in sun spells.

Preparation Tips: Dry and steep peels for tea or rinses.

Precautions: Safe for most.

35. Blue Cornflower (*Centaurea cyanus*)

Uses: Soothes scalp, enhances hair shine, adds a blue tint.

Magical Properties: Enhances intuition, promotes peace, and symbolizes blessings.

Preparation Tips: Use dried flowers for infusions.

Precautions: Safe in moderation.

36. Cabbage (*Brassica oleracea*)

Uses: Strengthens hair, detoxifies, adds natural color to rinses.

Magical Properties: Brings prosperity, grounding, and stability.

Preparation Tips: Boil red cabbage for a vibrant rinse; adjust pH with lemon or baking soda for color variations.

Precautions: Safe for most.

37. Horsetail (*Equisetum arvense*)

Uses: Strengthens hair, promotes growth, improves skin elasticity.

Magical Properties: Encourages resilience, longevity, and protection.

Preparation Tips: Steep stems for tea or hair rinses.

Precautions: Avoid with kidney issues.

38. Black Tea (*Camellia sinensis*)

Uses: Darkens hair, reduces shedding, stimulates scalp.

Magical Properties: Enhances focus, protection, and grounding energy.

Preparation Tips: Brew strong tea for a rinse.

Precautions: Contains caffeine; avoid excessive use.

39. Plantain (*Plantago* spp.)

Uses: Soothes scalp, heals wounds, reduces inflammation.

Magical Properties: Promotes healing, protection, and resilience.

Preparation Tips: Infuse leaves for tea or rinses.

Precautions: Safe in moderation.

40. Burdock Root (*Arctium lappa*)

Uses: Detoxifies scalp, promotes hair growth, soothes skin.

Magical Properties: Offers protection, grounding, and spiritual cleansing.

Preparation Tips: Steep root for tea or infusions.

Precautions: Avoid during pregnancy.

41. Licorice Root (*Glycyrrhiza glabra*)

Uses: Moisturizes scalp, soothes irritation, supports respiratory health.

Magical Properties: Attracts love, enhances communication, and amplifies spiritual energy.

Preparation Tips: Use in tea or infused rinses.

Precautions: Avoid with high blood pressure.

42. Elderflower (*Sambucus nigra*)

Uses: Reduces inflammation, brightens skin, soothes scalp.

Magical Properties: Brings protection, prosperity, and spiritual connection.

Preparation Tips: Use flowers for tea or infusions.

Precautions: Avoid raw berries (toxic).

43. Valerian (*Valeriana officinalis*)

Uses: Promotes relaxation, supports sleep, soothes nerves.

Magical Properties: Encourages peace, dreamwork, and psychic connection.

Preparation Tips: Use root for tea or infusions.

Precautions: May cause drowsiness.

44. Catnip (*Nepeta cataria*)

Uses: Calms nerves, soothes skin, promotes hair health.

Magical Properties: Attracts joy, luck, and love; used in spells for relaxation.

Preparation Tips: Brew leaves for tea or rinses.

Precautions: Safe for most.

45. Lemon (*Citrus limon*)

Uses: Lightens hair, clarifies skin, reduces oiliness.

Magical Properties: Cleanses negativity, promotes happiness, and enhances focus.

Preparation Tips: Use juice in rinses or infusions.

Precautions: Can dry hair if overused.

46. Cardamom (*Elettaria cardamomum*)

Uses: Stimulates scalp, soothes digestion, uplifts mood.

Magical Properties: Brings love, prosperity, and spiritual connection.

Preparation Tips: Use seeds in tea or infusions.

Precautions: Safe for most.

47. Chamomile (Roman or German)

Uses: Lightens hair, calms scalp, promotes relaxation.

Magical Properties: Brings peace, healing, and love; used in relaxation spells.

Preparation Tips: Brew flowers for tea or rinses.

Precautions: Avoid if allergic to ragweed.

48. Star Anise (*Illicium verum*)

Uses: Adds shine, boosts immunity, calms nerves.

Magical Properties: Enhances psychic abilities, protection, and clarity.

Preparation Tips: Use pods for tea or infusions.

Precautions: Avoid Japanese star anise (toxic).

49. Licorice Fern (*Polypodium glycyrrhiza*)

Uses: Moisturizes skin, soothes scalp, supports lung health.

Magical Properties: Attracts love, enhances protection, and promotes healing.

Preparation Tips: Use rhizome for tea or infusions.

Precautions: Safe in moderation.

50. Beetroot (*Beta vulgaris*)

Uses: Adds shine, enhances red tones, nourishes scalp.

Magical Properties: Symbolizes vitality, passion, and grounding.

Preparation Tips: Boil for a rinse or blend into masks.

Precautions: Safe for most.

51. Gotu Kola (*Centella asiatica*)

Uses: Supports circulation, enhances memory, promotes wound healing.

Magical Properties: Associated with longevity, wisdom, and spiritual insight.

Preparation Tips: Brew leaves as tea or use in salves.

Precautions: Avoid during pregnancy; may interact with medications.

52. Skullcap (*Scutellaria lateriflora*)

Uses: Calms nerves, supports sleep, eases tension headaches.

Magical Properties: Encourages peace, relaxation, and protection from nightmares.

Preparation Tips: Steep dried leaves for tea.

Precautions: Avoid high doses; may cause drowsiness.

53. Ashwagandha (*Withania somnifera*)

Uses: Reduces stress, boosts energy, supports immunity.

Magical Properties: Enhances strength, endurance, and resilience; used in grounding rituals.

Preparation Tips: Use powdered root in warm milk or teas.

Precautions: Avoid during pregnancy; consult before combining with thyroid medication.

54. Moringa (*Moringa oleifera*)

Uses: Rich in nutrients, supports hair and skin health, boosts energy.

Magical Properties: Symbolizes vitality, abundance, and nourishment.

Preparation Tips: Add powdered leaves to smoothies or teas.

Precautions: Avoid excessive amounts during pregnancy.

55. Kava (*Piper methysticum*)

Uses: Relieves anxiety, promotes relaxation, supports social ease.

Magical Properties: Linked with peace, connection, and spiritual communication.

Preparation Tips: Traditionally prepared as a root drink; can be steeped as tea.

Precautions: Avoid excessive use; may affect liver health.