

# Thyme



## HEALING & MAGICKAL PROPERTIES

Thyme is an herb that is associated with the planet Venus and the water element. Some healing properties it has are helping with stress relief, menstrual relief, disinfectant, digestion and more. It may be useful in cramp relief, healing wounds fast, improving circulation, fungal infections and relieving congestion, too. There are many different ways you can use thyme! You can put this herb with eucalyptus and peppermint to try and aid congestion. You could also pair this herb with tea tree oil to help with healing fungal infections. This herb could also be used in love spells, opening faery realm portals, raising courage and abundance spells.

## HOW TO USE THYME

There are so many wonderful ways you can use thyme! You can place this herb in a sachet for a bath to cut ties to the past and use as a smudging stick to banish negativity and purify energy. It's said that if there is thyme growing in your garden, your wealth should also be prospering, too. You can place thyme under your pillow for nightmare prevention and a restful night of sleep. If you wear thyme, it is said to help you with your psychic powers. If you wear thyme in your hair, it is said to make you irresistible! You can also carry and wear thyme for a boost of energy and courage. Doing this may also let you see faeries, too. Infusing oils, honey, and vinegar are a few examples of how you can prepare thyme! This herb is also popular for cooking dishes, too!

## WHERE CAN I GET THYME?

You can get fresh or dried thyme at the grocery store! You can also grow it yourself in a garden. Thyme can also be found as an essential oil! You can dry your own thyme to store as well.

## CARING TIPS & WARNINGS

Plant thyme in spring once chances of frost have passed. Space thyme plants 12 to 24 inches apart in a very sunny area with fertile, well-drained soil with a pH close to 7.0. Before planting in-ground, improve your existing soil by mixing in several inches of aged compost or other rich organic matter. For best results, feed regularly with a water-soluble plant food. Keep soil moist and water when the top inch of soil becomes dry. Once thyme is established, harvest as needed but avoid pruning more than one-third of the plant at a time. A warning with Thyme is that it can cause digestive system upset, headache, or dizziness in some people, especially with long periods of time.