

Nova Botanica

Major Arcana Back-Page Reading Booklet

Botanical profiles, energetics, astrology, crystals, lunar timing, safety notes and reflection prompts.

A companion booklet for the Nova Botanica Alchemical Herbal Tarot Set.

Educational and reflective material only. Not medical advice, diagnosis or treatment.

→ DANDELION – BACK ←



BOTANICAL PROFILE

Family: Asteraceae

Native to: Europe, Asia
and North America

Plant part used: Leaves, roots, flowers

Taste: Bitter, earthy, slightly sweet



PHYTOCHEMISTRY / ACTIVE CONSTITUENTS

Contains taraxasterol, taraxerol, inulin, flavonoids, phenolic acids, beta-carotene, vitamins A, C, K, and minerals.

These constituents contribute to diuretic, liver supportive, anti-inflammatory, antioxidant, and digestive supportive effects.



TRADITIONAL USES

Dandelion has been valued for centuries as a gentle yet powerful herb. Traditionally used to support liver and kidney health, aid digestion, reduce water retention, and purify the blood. The leaves nourish, the roots ground, and the flowers uplift the spirit.



EVIDENCE-BASED SUPPORT

- May support liver detoxification and function.
- May assist healthy digestion and reduce bloating.
- Has antioxidant and anti-inflammatory properties.
- May support healthy skin and immune function.



ENERGETICS

Invigorating
Uplifting
Lightening
Liberating
Expansive



HOMEOPATHIC / ENERGETIC QUALITIES

Supports innocence, trust
and faith in life. Encourages
spontaneity and openness
to the unknown.



ASTROLOGICAL SYMPATHIES

Ruled by Uranus
Associated with Aquarius.
Supports freedom,
originality and
new horizons.



CRYSTAL ALLY

Citrine
Amplifies clarity,
encourages joy,
optimism and
spiritual growth.



LUNAR TIMING



Best harvested in the morning
of a waxing moon for energy,
new beginnings and growth.



HOW TO USE

- Tea (root or leaf)
- Tincture
- Infusion
- Culinary use
- Decoction



CONTRAINDICATIONS & SAFETY

Generally safe in appropriate amounts. May interact with diuretics, lithium and blood thinners. Avoid in high doses if pregnant or allergic to plants in the Asteraceae family.



EMOTIONAL / SPIRITUAL SUPPORT

Dandelion clears stagnation, awakens hope and reminds you that every ending holds the seed of a new beginning.



REFLECTION PROMPT

What new beginning is calling me?
What freedom am I
ready to claim?



NEW BEGINNINGS • INNOCENCE • TRUST • FREEDOM

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ROSEMARY – BACK



BOTANICAL PROFILE

Family: Lamiaceae

Native to: Mediterranean region

Plant part used: Leaves

Taste: Aromatic, pungent, slightly bitter



PHYTOCHEMISTRY / ACTIVE CONSTITUENTS

Essential oils (1,8-cineole, camphor, α -pinene, rosmarinic acid, flavonoids (carnosic acid, carnosol), diterpenes, triterpenes. These constituents contribute to rosemary's antioxidant, anti-inflammatory, neuroprotective and circulatory actions.



TRADITIONAL USES

Traditionally used to enhance memory and concentration, stimulate circulation, relieve mental fatigue and headaches, support digestion, reduce inflammation and as a cleansing and protective herb.



EVIDENCE-BASED SUPPORT

- May support memory, learning and cognitive performance.
- Supports healthy circulation and cardiovascular function.
- Has antioxidant and anti-inflammatory properties.
- May help relieve stress and mental fatigue.
- Supports digestive comfort and liver health.



ENERGETICS

Warming
Stimulating
Clarifying
Invigorating
Uplifting



HOMEOPATHIC / ENERGETIC QUALITIES

Stimulates mental clarity, revitalises the mind, encourages focus and determination. Supports confidence and personal power.



ASTROLOGICAL SYMPATHIES

Ruled by Mercury • Associated with Gemini & Virgo. Enhances communication, intellect, adaptability and manifestation.



CRYSTAL ALLY

Clear Quartz (Master Healer) Amplifies intention and energy. Enhances clarity, focus and the power of manifestation.



LUNAR TIMING



Best harvested in the waxing moon as the moon grows, strengthening intention, focus and manifestation.



HOW TO USE

- Tea infusion
- Tincture
- Steam inhalation
- Culinary herb
- Essential oil



CONTRAINDICATIONS & SAFETY

Generally safe in appropriate amounts. May interact with blood thinning medications. Avoid in high doses if pregnant. Consult a professional if breastfeeding or taking medications.



EMOTIONAL / SPIRITUAL SUPPORT

Rosemary clears mental clutter, restores focus and strengthens willpower. It protects the mind, enhances memory and supports purposeful action.



REFLECTION PROMPT

What is the vision I am here to create?
How can I trust my mind and channel my gifts with confidence?
What tools and intentions help me manifest my path?



FOCUS • MANIFESTATION • CLARITY • PURPOSE • WILLPOWER

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MUGWORT – BACK



BOTANICAL PROFILE

Family: Asteraceae

Native to: Europe, Asia, North Africa,
and North America

Plant part used: Leaves, flowering tops

Taste: Bitter, aromatic, slightly astringent



PHYTOCHEMISTRY / ACTIVE CONSTITUENTS

Contains artemisinin, thujone, flavonoids, phenolic acids, coumarins, essential oils, and tannins.

These constituents contribute to mugwort's anti-inflammatory, antimicrobial, antioxidant, and nervine supportive actions.



TRADITIONAL USES

Traditionally used to enhance intuition and dreams, support menstrual health, aid digestion, relieve spasms, and promote relaxation. Valued for its ability to protect, cleanse, and open the mind to inner wisdom and spiritual insight.



EVIDENCE-BASED SUPPORT

- May support relaxation and nervous system balance.
- May aid digestive comfort and reduce bloating.
- Has antioxidant and anti-inflammatory properties.
- May support menstrual comfort and hormonal balance.
- Traditionally used to support dream clarity and intuitive awareness.



ENERGETICS

Dreaming
Intuitive
Purifying
Protective
Opening



HOMEOPATHIC / ENERGETIC QUALITIES

Supports intuition, psychic sensitivity, and inner knowing. Encourages release of old patterns and emotional healing. Aids connection to cycles and higher wisdom.



ASTROLOGICAL SYMPATHIES

Ruled by the Moon •
Associated with Cancer.
Enhances intuition, emotional depth, nurturing, and inner guidance.



CRYSTAL ALLY

Clear Apatite
(Stone of Intuition)
Enhances insight, clarity, and psychic perception. Supports dream recall, spiritual growth, and connection to higher guidance.



LUNAR TIMING



Best harvested during the waxing moon or full moon for intuition, dreaming and spiritual work.



HOW TO USE

- Tea infusion
- Tincture
- Smoke / smudging
- Bath
- Dream pillow



CONTRAINDICATIONS & SAFETY

Do not use in high doses or long term due to thujone content. Avoid in pregnancy and breastfeeding. May interact with sedative medications. Consult a qualified herbalist if unsure.



EMOTIONAL / SPIRITUAL SUPPORT

Mugwort deepens intuition, calms the mind, and supports dreamwork and spiritual awareness. It protects during energetic work and encourages trust in inner wisdom.



REFLECTION PROMPT

What is my intuition trying to tell me? What dreams or signs are guiding me now? How can I honour the wisdom within?



INTUITION • INNER WISDOM • PROTECTION • DREAM WORK • SACRED KNOWING

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ROSE – BACK



BOTANICAL PROFILE

Family: Rosaceae

Native to: Asia, Europe, North America

Plant part used: Flowers, petals, hips

Taste: Fragrant, slightly sweet, astringent



PHYTOCHEMISTRY / ACTIVE CONSTITUENTS

Contains flavonoids, phenolic acids, anthocyanins, tannins, essential oils (geraniol, citronellol, nerol), vitamins A, C, and carotenoids.

These constituents contribute to rose's antioxidant, anti-inflammatory, mood-balancing, and skin-toning actions.



TRADITIONAL USES

Traditionally used to support emotional well-being, heart health, hormonal balance, skin care, and reproductive health.

Valued for its ability to uplift the spirit, soothe the heart, and promote love, beauty, and harmony.



EVIDENCE-BASED SUPPORT

- May help reduce symptoms of stress and anxiety.
- Has antioxidant and anti-inflammatory properties.
- May support skin health and wound healing.
- Traditionally used to support menstrual and menopausal comfort.
- May promote feelings of relaxation and emotional balance.



ENERGETICS

Rejuvenating
Soothing
Uplifting
Opening
Harmonising



HOMEOPATHIC / ENERGETIC QUALITIES

Supports self-love, emotional healing, and heart opening. Encourages compassion, grace, and appreciation of beauty.



ASTROLOGICAL SYMPATHIES

Ruled by Venus •
Associated with Libra.
Enhances love, harmony, creativity, and aesthetic appreciation.



CRYSTAL ALLY

Morganite
(Stone of
Divine Love)
Attracts divine love, nurtures self-worth, and opens the heart to receive and give unconditional love.



LUNAR TIMING



Best harvested in the waxing moon for love, beauty, and abundance.



HOW TO USE

- Tea infusion
- Tincture
- Facial steam / skincare
- Herbal bath
- Sachets / heart blends



CONTRAINDICATIONS & SAFETY

Generally safe in moderate amounts. May interact with blood thinners and sedative medications. Avoid in high doses if pregnant. Consult a qualified herbalist if unsure.



EMOTIONAL / SPIRITUAL SUPPORT

Rose opens the heart, restores emotional balance, heals old wounds, and invites love, joy, and inner peace.

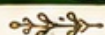


REFLECTION PROMPT

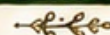
How do I nurture myself and others?
Where can I invite more beauty, love, and abundance into my life?



NURTURING • CREATIVITY • ABUNDANCE • BEAUTY • GROWTH



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OAK – BACK



BOTANICAL PROFILE

Family: Fagaceae

Native to: Europe, Asia, North Africa, and North America

Plant part used: Bark, leaves, acorns

Taste: Astringent, earthy, slightly bitter



PHYTOCHEMISTRY / ACTIVE CONSTITUENTS

Contains tannins, flavonoids, triterpenes, ellagic acid, gallic acid, quercetin, catechins, and minerals. These constituents contribute to oak's astringent, antimicrobial, antioxidant, and anti-inflammatory actions.



TRADITIONAL USES

Traditionally used to strengthen and fortify the body, support immune function, promote wound healing, and relieve inflammation. Valued for its ability to provide endurance, protection, and stability during times of challenge.



EVIDENCE-BASED SUPPORT

- May support immune function and reduce inflammation.
- Has antioxidant and antimicrobial properties.
- May aid wound healing and support skin health.
- Supports gut health and helps reduce diarrhea.
- Traditionally used to support strong bones and connective tissue.



ENERGETICS

Grounding
Strengthening
Stabilising
Protective
Enduring



HOMEOPATHIC / ENERGETIC QUALITIES

Supports strength, endurance, and resilience. Encourages boundaries, responsibility, and the ability to hold steady in adversity.



ASTROLOGICAL SYMPATHIES

Ruled by Mars • Associated with Aries. Enhances courage, protection, vitality, and leadership.



CRYSTAL ALLY

Blue Tiger's Eye (Stone of Courage)
Enhances confidence, determination, and inner strength. Promotes willpower, clarity, and grounded decision-making.



LUNAR TIMING



Best harvested during the waxing moon for strength, growth, and protection.



HOW TO USE

- Tea / decoction
- Tincture
- Bark extract
- Salve for skin
- Acorn flour / food



CONTRAINDICATIONS & SAFETY

Generally safe in moderate amounts. May interact with iron supplements and certain medications. Avoid in large doses if pregnant or breastfeeding. Consult a qualified herbalist if unsure.



EMOTIONAL / SPIRITUAL SUPPORT

Oak provides courage, stability, and a deep sense of security. It strengthens boundaries, inspires confidence, and supports wise leadership.

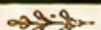


REFLECTION PROMPT

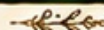
Where in my life am I being called to stand strong and lead wisely? What do I need to protect, nourish, and provide for?



STRENGTH • STABILITY • PROTECTION • WISDOM • LEGACY



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→ CEDAR – BACK ←



BOTANICAL PROFILE

Family: Pinaceae

Native to: Mediterranean region, Himalayas

Plant part used: Wood, bark, needles

Taste: Astringent, bitter, slightly sweet



PHYTOCHEMISTRY / ACTIVE CONSTITUENTS

Essential oils (α -cedrene, cedrol, thujopsene), sesquiterpenes, diterpenes, flavonoids, tannins, phenolic acids. These constituents contribute to cedar's antiseptic, anti-inflammatory, astringent and grounding actions.



TRADITIONAL USES

Traditionally used for respiratory support, skin conditions, muscle and joint discomfort, and as a natural insect repellent. Valued for its purifying, grounding and protective properties in spiritual practices and rituals.



EVIDENCE-BASED SUPPORT

- May support respiratory health and ease congestion.
- Has antimicrobial and anti-inflammatory properties.
- May help reduce stress and promote relaxation.
- Shown to support healthy skin and scalp.
- May support healthy circulation and immune function.



ENERGETICS

Grounding
Clarifying
Stabilising
Strengthening
Protective



HOMEOPATHIC / ENERGETIC QUALITIES

Strengthens inner structure and resilience. Encourages discipline, integrity and spiritual devotion. Supports growth through wisdom and ancestral connection.



ASTROLOGICAL SYMPATHIES

Ruled by Jupiter •
Associated with Taurus.
Brings stability, wisdom, patience and the ability to manifest long-term goals with integrity.



CRYSTAL ALLY

Green Aventurine
Enhances leadership, prosperity, emotional balance and heart strength. Supports growth and optimism.



LUNAR TIMING



Best harvested in the waning moon for banishing negativity, protection and grounding. Excellent in winter.



HOW TO USE

- Diffuse essential oil
- Add to bath for grounding
- Incense or smudging
- Topical oil diluted for muscles
- Use in rituals for protection



CONTRAINDICATIONS & SAFETY

Generally safe in small amounts. Essential oil should be diluted. Avoid in pregnancy and with young children. May cause skin irritation in some individuals. Use with care with hypotension.



EMOTIONAL / SPIRITUAL SUPPORT

Cedar supports spiritual connection, ancestral healing and a sense of belonging. It helps build confidence, overcome fear, and stand in your personal power.



REFLECTION PROMPT

What wisdom have I learned from those who walked before me? How can I honour that wisdom in my life today?



WISDOM • TRADITION • STRENGTH • PROTECTION • GUIDANCE

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HAWTHORN – BACK



BOTANICAL PROFILE

Family: Rosaceae

Native to: Europe, Asia, North America

Plant part used: Flowers, leaves,
berries, bark

Taste: Bitter, astringent, slightly sweet



PHYTOCHEMISTRY / ACTIVE CONSTITUENTS

Flavonoids (vitexin, hyperoside), procyanidins, triterpenes (ursolic acid), phenolic acids, oligomeric procyanidins. These constituents contribute to hawthorn's cardiogenic, circulatory support, antioxidant and nervine actions.



TRADITIONAL USES

Traditionally used to support the heart, calm the mind, ease anxiety and promote restful sleep. Valued for its ability to strengthen emotional bonds and support healthy relationships.



EVIDENCE-BASED SUPPORT

- May support cardiovascular function and circulation.
- Has antioxidant and anti-inflammatory properties.
- May help reduce symptoms of anxiety and stress.
- May support sleep quality and relaxation.
- Traditionally used to support heart strength and emotional wellbeing.



ENERGETICS

Cooling
Calming
Relaxing
Nourishing
Heart opening



HOMEOPATHIC / ENERGETIC QUALITIES

Supports emotional healing, reconnections and deep partnerships. Enhances love, devotion, empathy and the ability to give and receive.



ASTROLOGICAL SYMPATHIES

Ruled by Venus •
Associated with Libra.
Brings balance, harmony
and fairness in love
and relationships.



CRYSTAL ALLY

Rose Quartz

Opens the heart, encourages self-love, emotional healing and forgiveness. Supports compassion and trust.



LUNAR TIMING



Best harvested in the waxing moon for cultivating love, connection and emotional growth.



HOW TO USE

- Tea infusion
- Tincture
- Steam inhalation
- Bath soak
- Heart support blend



CONTRAINDICATIONS & SAFETY

Generally safe in appropriate amounts.
May interact with heart pressure medications and diuretics.
Avoid in pregnancy in medicinal doses.



EMOTIONAL / SPIRITUAL SUPPORT

Hawthorn helps heal emotional wounds, restore trust and open the heart to love. It supports partnership, reconciliation and soul connections.



REFLECTION PROMPT

Where in my life am I called to choose love?
What kind of love do I wish to grow and deepen?
How can I nurture the connections that matter most?



LOVE • HARMONY • CHOICE • DEVOTION • CONNECTION

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→ PEPPERMINT – BACK →



BOTANICAL PROFILE

Family: Lamiaceae

Native to: Europe, Asia, North America

Plant part used: Leaves

Taste: Aromatic, cooling, slightly sweet



PHYTOCHEMISTRY / ACTIVE CONSTITUENTS

Essential oils (menthol, menthone, 1,8-cineole), flavonoids (eriocitrin, luteolin), rosmarinic acid, phenolic acids, triterpenes. These constituents contribute to peppermint's anti-spasmodic, digestive, antimicrobial, anti-inflammatory and energising actions.



TRADITIONAL USES

Traditionally used to aid digestion, relieve nausea and cramps, support mental clarity and alertness, reduce headaches and fatigue, open the breath, and invigorate body and mind.



EVIDENCE-BASED SUPPORT

- May support digestive function and ease bloating.
- Has antimicrobial and anti-inflammatory properties.
- May help reduce headaches and mental fatigue.
- Supports alertness, concentration and performance.
- May ease respiratory discomfort.



ENERGETICS

Cooling
Invigorating
Clarifying
Uplifting
Mobilising



HOMEOPATHIC / ENERGETIC QUALITIES

Stimulates mental clarity,
enhances focus and willpower.
Encourages movement
forward and helps overcome
obstacles.



ASTROLOGICAL SYMPATHIES

Ruled by Moon •
Associated with Cancer.
Brings emotional balance,
adaptability, protection
and determination.



CRYSTAL ALLY

Green Aventurine
Enhances courage,
confidence and
perseverance.
Attracts luck
and opportunity.



LUNAR TIMING



Best harvested in the waxing moon
for increasing energy, momentum
and successful outcomes.



HOW TO USE

- Tea infusion
- Tincture
- Steam inhalation
- Culinary herb
- Essential oil



CONTRAINDICATIONS & SAFETY

Generally safe in culinary amounts. May interact with acid reflux, blood pressure medications and sedatives. Avoid in high doses if pregnant. May cause heartburn in some individuals. Use essential oil with care.



EMOTIONAL / SPIRITUAL SUPPORT

Peppermint clears mental fog, boosts confidence and personal power, and helps you stay on course. It strengthens willpower and supports you in overcoming challenges with resilience.



REFLECTION PROMPT

What is my destination?
What do I have the willpower
to achieve? What steps can
I take today to move closer
to my goals?



DETERMINATION • DISCIPLINE • DIRECTION • CONTROL • VICTORY

MULLEIN – BACK



BOTANICAL PROFILE

Family: Scrophulariaceae

Native to: Europe, Asia, North Africa

Plant part used: Leaves, flowers

Taste: Mild, slightly sweet, demulcent



PHYTOCHEMISTRY / ACTIVE CONSTITUENTS

Contains saponins, flavonoids, mucilage, iridoids, phenylethanoid glycosides, tannins and volatile oils. These constituents contribute to mullein's anti-inflammatory, demulcent, expectorant, antimicrobial and soothing actions.



TRADITIONAL USES

Traditionally used to soothe respiratory conditions, calm irritation, support ear health, and as a gentle nerveine. Valued for its ability to bring comfort, clarity and guidance during times of solitude and transition.



EVIDENCE-BASED SUPPORT

- May support respiratory health and soothe coughs.
- Has anti-inflammatory and antioxidant properties.
- Supports ear health and reduces irritation.
- Traditionally used to calm the nervous system.
- Rich in mucilage that soothes mucous membranes.



ENERGETICS

Grounding
Calming
Protective
Nourishing
Clarifying



HOMEOPATHIC / ENERGETIC QUALITIES

Supports gentle release, soothing the emotions and easing transitions. Encourages inner trust and spiritual insight.



ASTROLOGICAL SYMPATHIES

Ruled by Saturn • Associated with Virgo. Brings wisdom, patience, discernment and spiritual maturity.



CRYSTAL ALLY

Labradorite
Enhances intuition, inner vision and protection. Supports transformation and spiritual growth.



LUNAR TIMING



Best harvested in the waning moon for releasing what no longer serves, and for inner work and reflection.



HOW TO USE

- Tea infusion
- Tincture
- Steam inhalation
- Infused oil
- Herbal ear drops (oil)



CONTRAINDICATIONS & SAFETY

Generally safe in appropriate amounts. May cause mild digestive upset in large doses. Not recommended in pregnancy. Consult a practitioner if on medication or managing a medical condition.



EMOTIONAL / SPIRITUAL SUPPORT

Mullein supports solitude, introspection and spiritual connection. It helps quiet the mind, release fear and trust the guidance of the inner self.



REFLECTION PROMPT

What truth is calling me from within? Where am I being asked to slow down and listen? How can I trust my inner wisdom more deeply?



SOLITUDE • WISDOM • GUIDANCE • PATIENCE • CLARITY

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→ YARROW – BACK ←



BOTANICAL PROFILE

Family: Asteraceae

Native to: Europe, Asia, North America

Plant part used: Flowers, leaves

Taste: Bitter, astringent, slightly spicy



PHYTOCHEMISTRY / ACTIVE CONSTITUENTS

Contains flavonoids, alkaloids, terpenoids, essential oils (including azulene), tannins and phenolic acids.

These constituents contribute to yarrow's anti-inflammatory, antispasmodic, diaphoretic, antimicrobial and protective actions.



TRADITIONAL USES

Traditionally used to stop bleeding, support wound healing, reduce fever and soothe digestive complaints. Valued for its ability to bring balance, support circulation and aid in times of change and transition.



EVIDENCE-BASED SUPPORT

- May support wound healing and reduce bleeding time.
- Has anti-inflammatory and antimicrobial properties.
- May help relieve digestive discomfort and bloating.
- Supports circulation and cardiovascular health.
- Traditionally used to support fever reduction and sweating.



ENERGETICS

Expansive
Uplifting
Protective
Balancing
Transformative



HOMEOPATHIC / ENERGETIC QUALITIES

Supports adaptation and
flow with life's changes.
Encourages trust in the
process and the turns
of fate.



ASTROLOGICAL SYMPATHIES

Ruled by Jupiter •
Associated with
Sagittarius. Brings
luck, optimism, growth
and divine guidance.



CRYSTAL ALLY

Citrine
Amplifies abundance,
joy, confidence and
manifestation.
Supports personal
power and success.



LUNAR TIMING



Best harvested in the waxing moon
for abundance, growth, forward
momentum and positive change.



HOW TO USE

- Tea infusion
- Tincture
- Steam inhalation
- Poultice for wounds
- Bath soak for cleansing and renewal



CONTRAINDICATIONS & SAFETY

Generally safe in appropriate amounts. May interact with blood thinners, anticoagulant medications and sedatives. Avoid in pregnancy and in individuals with allergies to plants in the Asteraceae family.



EMOTIONAL / SPIRITUAL SUPPORT

Yarrow supports resilience, optimism and faith in the journey. It helps release fear of the unknown and trust that every cycle leads to growth and opportunity.



REFLECTION PROMPT

What cycle in my life is shifting now?
What can I release to make space
for what is coming? How can I
trust the magic of the unknown?



CYCLES • CHANGE • DESTINY • FLOW • TIMING • TRUST



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ELDER – BACK



BOTANICAL PROFILE

Family: Adoxaceae

Native to: Europe, Asia, North Africa

Plant part used: Flowers, berries, leaves, bark

Taste: Bitter, astringent, slightly sweet



PHYTOCHEMISTRY / ACTIVE CONSTITUENTS

Contains flavonoids, anthocyanins, quercetin, rutin, chlorogenic acid, triterpenes, essential oils and polysaccharides.

These constituents contribute to elder's anti-inflammatory, antiviral, antioxidant, immune-boosting and diaphoretic actions.



TRADITIONAL USES

Traditionally used to support immune health, reduce fever and colds, promote sweating and detoxification, support respiratory health, assist with fluid balance and kidney health, and as a gentle laxative. Elder was also revered for its protective and boundary-setting qualities, often planted near homes for spiritual and energetic protection.



EVIDENCE-BASED SUPPORT

- Supports immune function and helps reduce cold and flu symptoms.
- Rich in antioxidants and anti-inflammatory compounds.
- May support respiratory health and ease congestion.
- Supports healthy elimination and natural detoxification.
- May help support cardiovascular and kidney health.



ENERGETICS

Cooling
Cleansing
Balancing
Protective
Clarifying



HOMEOPATHIC / ENERGETIC QUALITIES

Supports fairness, clarity and inner balance. Helps release what is no longer true and encourages wise, ethical decision-making.



ASTROLOGICAL SYMPATHIES

Ruled by Saturn •
Associated with Libra.
Brings fairness, discernment and the ability to see all sides with wisdom.



CRYSTAL ALLY

Lapis Lazuli
Enhances truth, intuition and wisdom. Encourages honest communication and inner alignment.



LUNAR TIMING



Best harvested in the waning moon for release, balance and discernment. Supports letting go of imbalance and restoring harmony.



HOW TO USE

- Tea infusion
- Tincture
- Syrup
- Steam inhalation
- Flower essence



CONTRAINDICATIONS & SAFETY

Berries must be cooked before eating. Raw berries, leaves and bark can be toxic. May interact with diuretics and immune-suppressant drugs. Use with care during pregnancy and breastfeeding.



EMOTIONAL / SPIRITUAL SUPPORT

Elder teaches accountability, self-honesty and the importance of integrity. It supports clear boundaries and helps you align your actions with your truth.



REFLECTION PROMPT

Where in my life am I being called to act with more fairness and truth? What choice will create balance for me and for others?



TRUTH • BALANCE • DISCERNMENT • ACCOUNTABILITY • WISDOM

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WILLOW – BACK



BOTANICAL PROFILE

Family: Salicaceae

Native to: Europe, Asia, North America

Plant part used: Bark, leaves

Taste: Astringent, bitter



PHYTOCHEMISTRY / ACTIVE CONSTITUENTS

Contains salicin (precursor to salicylic acid), flavonoids, tannins, polyphenols and essential oils.

These constituents contribute to willow's anti-inflammatory, analgesic, antipyretic and antioxidant actions.



TRADITIONAL USES

Traditionally used to relieve pain and inflammation, reduce fever, support circulation and ease muscle and joint discomfort.

Valued for its ability to bring relief, calm emotional tension and encourage release and renewal.



EVIDENCE-BASED SUPPORT

- May help reduce pain, inflammation and fever.
- Supports joint comfort and mobility.
- Rich in antioxidants that help protect cells from oxidative stress.
- May support cardiovascular health.
- Traditionally used to promote relaxation and better sleep.



ENERGETICS

Cooling
Soothing
Releasing
Yin
Surrendering



HOMEOPATHIC / ENERGETIC QUALITIES

Supports surrender, release and seeing situations from a higher perspective.
Encourages compassion, patience and acceptance.



ASTROLOGICAL SYMPATHIES

Ruled by Neptune •
Associated with Pisces.
Enhances intuition, empathy, dreams and spiritual insight.



CRYSTAL ALLY

Preseli Bluestone
Anchors deep inner wisdom.
Encourages release and trust in natural cycles of life.



LUNAR TIMING



Best harvested in the waning moon for release, healing and letting go.
Supports emotional clearing and inner reflection.



HOW TO USE

- Tea infusion
- Tincture
- Poultice for pain relief
- Steam for relaxation
- Bath for emotional release



CONTRAINDICATIONS & SAFETY

Generally safe in appropriate amounts. Avoid in pregnancy and in individuals allergic to aspirin or salicylates. May interact with blood thinners and NSAIDs. Consult a practitioner if unsure.



EMOTIONAL / SPIRITUAL SUPPORT

Willow helps release what no longer serves, allows emotional healing and supports the courage to see life from a new and higher perspective.



REFLECTION PROMPT

What am I holding onto that is ready to be released?
What truth can I see from a new perspective?



SURRENDER • RELEASE • NEW PERSPECTIVE • PATIENCE • TRUST



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YEW – BACK



BOTANICAL PROFILE

Family: Taxaceae

Native to: Europe, Asia, North Africa

Plant part used: Needles, bark, leaves, berries (aril)

Taste: Bitter, slightly sweet (aril)



PHYTOCHEMISTRY / ACTIVE CONSTITUENTS

Contains taxanes (paclitaxel), alkaloids (taxine), flavonoids, lignans, tannins and essential oils.

These constituents contribute to yew's anti-cancer, anti-inflammatory, cardioprotective, antioxidant and immune-modulating actions.



TRADITIONAL USES

Traditionally used for its powerful protective qualities, to support deep healing, relieve pain, reduce inflammation and support cardiovascular health. Yew was also revered in ancestral and spiritual practices for death rites, transformation and protection during times of transition.



EVIDENCE-BASED SUPPORT

- May support cancer-fighting potential (paclitaxel research).
- Has anti-inflammatory and antioxidant properties.
- May support heart health and healthy blood pressure.
- Traditionally used for pain relief and joint support.
- Associated with nervous system regulation and stress support.



ENERGETICS

Deep Cleansing
Releasing
Protective
Grounding
Regenerative



HOMEOPATHIC / ENERGETIC QUALITIES

Supports deep release of old patterns, grief, fear and attachments. Aids in transformation, soul healing and renewal.



ASTROLOGICAL SYMPATHIES

Ruled by Pluto •
Associated with Scorpio.
Brings transformation, death to the old, power, and deep regeneration.



CRYSTAL ALLY

Obsidian
Aids deep release, protection, shadow work and spiritual transformation.



LUNAR TIMING



Best harvested during the waning moon for release and letting go, or the dark moon for deep transformation and renewal.



HOW TO USE

- Tea infusion (needles or bark)
- Tincture
- Steam for respiratory support
- External compress
- Energetic / ritual use for release and protection



CONTRAINDICATIONS & SAFETY

All parts of yew (except the red aril) are toxic if ingested. Use only under the guidance of a qualified herbalist. Not recommended in pregnancy. Avoid internal use of fresh leaves, bark or seeds.



EMOTIONAL / SPIRITUAL SUPPORT

Yew supports letting go, grief processing, ancestral connection and rebirth. It helps clear what is no longer aligned so that new life can emerge.



REFLECTION PROMPT

What am I ready to release completely?
What death is necessary for my rebirth?
How can I trust the wisdom of transformation?



TRANSFORMATION • RELEASE • REBIRTH • ANCESTRAL WISDOM • PROTECTION

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CHAMOMILE – BACK



BOTANICAL PROFILE

Family: Asteraceae

Native to: Europe, Asia, North Africa

Plant part used: Flowers

Taste: Sweet, apple-like, slightly bitter



PHYTOCHEMISTRY / ACTIVE CONSTITUENTS

Contains chamazulene, apigenin, bisabolol, flavonoids, coumarins and essential oils.

These constituents contribute to chamomile's anti-inflammatory, spasmodic, calming, antioxidant and gentle sedative actions.



TRADITIONAL USES

Traditionally used to calm the nervous system, support digestion, ease inflammation and promote restful sleep. Valued for its ability to soothe, relax and restore balance on physical, emotional and spiritual levels.



EVIDENCE-BASED SUPPORT

- May help reduce anxiety and promote relaxation.
- Supports digestive comfort and reduces spasms.
- Has anti-inflammatory and antioxidant properties.
- May support sleep quality and nervous system balance.
- Traditionally used to support skin healing and soothe irritation.



ENERGETICS

Calming
Soothing
Balancing
Cooling
Harmonising



HOMEOPATHIC / ENERGETIC QUALITIES

Supports moderation, balance and inner peace. Encourages integration of opposites and the flow of life with grace and acceptance.



ASTROLOGICAL SYMPATHIES

Ruled by Jupiter •
Associated with
Sagittarius. Brings
optimism, truth,
wisdom and expansion.



CRYSTAL ALLY

Smoky Quartz
Grounds and
transmutes stress.
Promotes stability,
calm and energetic
alignment.



LUNAR TIMING



Best harvested in the morning
of a waxing moon for healing,
calm, balance and growth.



HOW TO USE

- Tea infusion
- Tincture
- Steam for relaxation
- Herbal compress
- Bath for soothing and sleep



CONTRAINDICATIONS & SAFETY

Generally safe in appropriate amounts. May interact with blood thinners, anticoagulants and sedatives. Avoid in pregnancy and in individuals allergic to plants in the Asteraceae family.



EMOTIONAL / SPIRITUAL SUPPORT

Chamomile supports emotional healing, calms overthinking, and helps release tension. It encourages acceptance, patience and a peaceful heart.



REFLECTION PROMPT

Where in my life do I need more balance?
What can I release to create more flow?
How can I bring more peace
into my daily rhythm?



BALANCE • HARMONY • MODERATION • HEALING • FLOW

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→ BLACKTHORN – BACK →



BOTANICAL PROFILE

Family: Rosaceae

Native to: Europe, Asia, North Africa

Plant part used: Berries, flowers, bark, leaves

Taste: Astringent, sour, tannic



PHYTOCHEMISTRY / ACTIVE CONSTITUENTS

Contains anthocyanins, flavonoids, tannins, phenolic acids, amygdalin, triterpenes and essential oils.

These constituents contribute to blackthorn's anti-inflammatory, astringent, antimicrobial, antioxidant and digestive actions.



TRADITIONAL USES

Traditionally used to expel parasites, support digestive and elimination processes, and clear stagnation. Valued for its protective qualities, boundaries, and its ability to help break unhealthy attachments and patterns. A plant of the underworld, it teaches through challenge, revelation and truth.



EVIDENCE-BASED SUPPORT

- May support digestive health and help relieve gut upset.
- Has antimicrobial and anti-inflammatory properties.
- May assist in detoxification and elimination.
- Rich in antioxidants that help protect cells from oxidative stress.



ENERGETICS

Grounding
Protective
Purifying
Releasing
Transmuting



HOMEOPATHIC / ENERGETIC QUALITIES

Supports release of old patterns, addictions and limiting beliefs. Helps integrate the shadow and brings healing through awareness and truth.



ASTROLOGICAL SYMPATHIES

Ruled by Saturn •
Associated with Capricorn.
Brings discipline, endurance, boundaries, responsibility and spiritual growth.



CRYSTAL ALLY

Black Tourmaline
Provides protection, grounding and energetic boundaries. Helps transmute heavy energy.



LUNAR TIMING



Best harvested during the waning moon for release, banishing and protection. Powerful at the dark moon for shadow work and letting go.



HOW TO USE

- Tincture
- Decoction (bark or berries)
- Herbal vinegar (berries)
- Smoke cleansing (wood)
- Ritual work for release and protection



CONTRAINDICATIONS & SAFETY

Berries must be cooked before eating. Contains amygdalin, which can release cyanide when raw. Use with caution during pregnancy and in individuals allergic to plants in the Rosaceae family.



EMOTIONAL / SPIRITUAL SUPPORT

Helps reveal illusions, heal trauma, release toxic attachments and reclaim personal power. Supports transformation, self-discipline and spiritual awakening.



REFLECTION PROMPT

What am I avoiding facing?
What binds me that I choose to keep?
What truth will set me free?
How can I take back my power?



SHADOW WORK • RELEASE • TRUTH • LIBERATION • POWER



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→ FOXGLOVE – BACK ←



BOTANICAL PROFILE

Family: Plantaginaceae

Native to: Europe, Western Asia, North Africa

Plant part used: Leaves (dried), flowers

Taste: Bitter, slightly sweet



PHYTOCHEMISTRY / ACTIVE CONSTITUENTS

Contains cardiac glycosides (digoxin, digitoxin), saponins, flavonoids, phenylethanoid glycosides and iridoids.

These constituents influence heart function, support circulation, and have potent therapeutic and toxic effects.



TRADITIONAL USES

Traditionally used in small doses to support heart health, reduce fluid retention and ease breathing.

Also employed for dropsy, edema and certain heart conditions.

Highly potent and to be used with care and professional guidance.



EVIDENCE-BASED SUPPORT

- Cardiac glycosides may support heart contractility in heart failure.
- May help reduce symptoms of edema.
- Has anti-inflammatory and antioxidant effects.
- Research is limited and requires careful dosing due to toxicity.



ENERGETICS

Explosive
Purifying
Transformative
Disruptive
Illuminating



HOMEOPATHIC / ENERGETIC QUALITIES

Supports sudden shifts that break down false structures. Encourages release of outdated patterns. Assists in awakening to higher truth.



ASTROLOGICAL SYMPATHIES

Ruled by Mars •
Associated with Aries.
Brings courage, action, impulse and the fire of transformation.

CRYSTAL ALLY



Rhodochrosite
Supports emotional healing through change, self-love and heart renewal.



LUNAR TIMING



Best worked with during the full moon for breakthrough and release, or waning moon for letting go of what has collapsed.



HOW TO USE

- Tincture (professional guidance only)
- Infusion (extremely diluted under guidance)
- Energetic elixir
- Ritual for release and transformation
- Meditation on truth and liberation



CONTRAINDICATIONS & SAFETY

Highly potent and can affect heart rhythm and function. Only use under medical and herbal professional guidance. Do not use if pregnant, breastfeeding, or with heart conditions unless specifically advised by a qualified practitioner. Never self-prescribe. Can be dangerous in high doses. A fantastic medicine if used safely and under herbal medical guidance.



EMOTIONAL / SPIRITUAL SUPPORT

Foxglove brings necessary upheaval to clear illusion and stagnation. It can be intense, but leads to profound awakening and freedom.



REFLECTION PROMPT

What structure in my life is crumbling so that I can awaken?
What truth is ready to be revealed?
What am I being called to rebuild?



UPHEAVAL • REVELATION • AWAKENING • TRUTH • REBIRTH

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BLUE LOTUS – BACK



BOTANICAL PROFILE

Family: Nymphaeaceae

Native to: Africa, especially Egypt and the Nile region

Plant part used: Flowers

Taste: Mildly sweet, delicate, slightly floral



PHYTOCHEMISTRY / ACTIVE CONSTITUENTS

Contains nuciferine, aporphine alkaloids, flavonoids, anthocyanins, tannins, and essential oil constituents.

These compounds contribute to anxiolytic, euphoric, anti-inflammatory, antioxidant and mild sedative effects.



TRADITIONAL USES

Used in ancient Egypt in teas, oils and incense for spiritual ceremonies, dream work, relaxation and divine connection.

Valued for its ability to uplift the spirit, calm the mind, induce visionary states and promote deep inner peace.



EVIDENCE-BASED SUPPORT

- May promote relaxation and reduce anxiety.
- Has antioxidant and anti-inflammatory properties.
- May support mood elevation and emotional well-being.
- Traditionally used to support sleep, meditation and spiritual practices.



ENERGETICS

Calming
Uplifting
Soothing
Harmonising
Inspiring



HOMEOPATHIC / ENERGETIC QUALITIES

Supports spiritual connection,
inner guidance and faith.
Encourages hope, trust
and surrender to the flow
of the universe.



ASTROLOGICAL SYMPATHIES

Ruled by Jupiter •
Associated with Aquarius.
Enhances intuition,
vision, compassion
and humanitarian ideals.



CRYSTAL ALLY

Aquamarine
Enhances spiritual
communication,
calms the mind and
opens the heart.



LUNAR TIMING



Best harvested during the full moon
for inspiration, healing and spiritual
insight. Also potent during waxing
moon for intention setting.



HOW TO USE

- Tea infusion
- Aromatic oil / anointing
- Meditation and dream work
- Ritual baths
- Incense blends



CONTRAINDICATIONS & SAFETY

Generally safe in moderate amounts. Avoid in pregnancy and while breastfeeding.
May cause drowsiness; do not use with sedative medications.
Use respectfully in ceremonial and spiritual practices.



EMOTIONAL / SPIRITUAL SUPPORT

Blue Lotus opens the heart and mind
to possibility. It helps release fear,
dissolve emotional heaviness and
restore a sense of wonder and trust
in the journey of life.



REFLECTION PROMPT

Where in my life can I reconnect
with hope and inspiration?
What dreams am I ready
to nurture and bring to life?



HOPE • INSPIRATION • HEALING • FAITH • DIVINE CONNECTION

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JASMINE – BACK



BOTANICAL PROFILE

Family: Oleaceae

Native to: Tropical and subtropical Asia

Plant part used: Flowers, leaves

Taste: Sweet, slightly bitter, aromatic



PHYTOCHEMISTRY / ACTIVE CONSTITUENTS

Contains benzyl acetate, linalool, indole, flavonoids, terpenoids, and essential oils.

These constituents contribute to jasmine's calming, mood-elevating, antispasmodic, and antioxidant properties.



TRADITIONAL USES

Used for centuries in spiritual rituals, perfumery and healing practices.

Valued for its ability to calm the emotions, uplift the heart, support female health and open intuitive awareness.

Associated with love, lunar energy and divine feminine wisdom.



EVIDENCE-BASED SUPPORT

- Jasmine aroma may help reduce stress and improve mood.
- Shows potential anxiolytic and antidepressant effects.
- Antioxidant and anti-inflammatory properties may support overall well-being.
- May support sleep quality and relaxation.



ENERGETICS

Intuitive
Receptive
Calming
Dreamy
Nurturing



HOMEOPATHIC / ENERGETIC QUALITIES

Supports emotional healing, hormonal balance and inner peace. Encourages trust in intuition and connection to lunar cycles.



ASTROLOGICAL SYMPATHIES

Ruled by the Moon •
Associated with Pisces.
Enhances intuition, empathy, dreams and spiritual connection.



CRYSTAL ALLY

Moonstone
Enhances intuition, emotional balance and connection to lunar energy.



LUNAR TIMING



Best harvested during the full moon for maximum potency in emotional healing, dreams and intuition.



HOW TO USE

- Tea (flowers)
- Infused oil for massage
- Aromatherapy / diffuser
- Bath ritual for relaxation and dreams
- Meditation and moon rituals



CONTRAINDICATIONS & SAFETY

Generally safe in moderate use. May cause allergic reactions in sensitive individuals. Avoid use during pregnancy unless under professional guidance. For external use, perform a patch test if sensitive.



EMOTIONAL / SPIRITUAL SUPPORT

Jasmine helps soothe the heart, release emotional tension and open the doorway to inner wisdom. It supports dream work, psychic awareness and soulful self-trust.



REFLECTION PROMPT

What is my intuition trying to tell me?
What dreams are calling me forward?
How can I honour my emotions as sacred messengers?



INTUITION • MYSTERY • DREAMS • EMOTION • IMAGINATION

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SUNFLOWER – BACK



BOTANICAL PROFILE

Family: Asteraceae

Native to: North America

Plant part used: Flowers, seeds, leaves

Taste: Mild, nutty, slightly sweet



PHYTOCHEMISTRY / ACTIVE CONSTITUENTS

Contains flavonoids, phenolic acids, carotenoids, vitamin E, sesquiterpene lactones, and minerals.

These constituents contribute to antioxidant, anti-inflammatory, cardioprotective and mood-enhancing effects.



TRADITIONAL USES

Used for vitality, heart health, uplifting the spirit and supporting positivity.

Valued for its nourishing, strengthening and warming properties.

Sunflower brings light, clarity and joy, encouraging us to embrace life and share our gifts with the world.



EVIDENCE-BASED SUPPORT

- Rich in vitamin E and antioxidants that help protect cells from oxidative stress.
- May support heart health and healthy cholesterol levels.
- Contains compounds with anti-inflammatory and mood-supporting effects.
- Sunflower oil may help improve skin barrier and hydration.



ENERGETICS

Uplifting
Warming
Expansive
Energising
Radiant



HOMEOPATHIC / ENERGETIC QUALITIES

Supports self-esteem, personal power and optimism.
Helps dispel darkness, inspire confidence and encourage joyful expression.



ASTROLOGICAL SYMPATHIES

Ruled by the Sun •
Associated with Leo.
Brings success, vitality, creativity, abundance and self-realisation.



CRYSTAL ALLY

Golden Topaz (Imperial)
A stone of abundance, joy and personal power. Encourages confidence, manifestation and radiant success.



LUNAR TIMING



Best harvested when the sun is strong and the moon is waxing or full for maximum vitality and abundance.



HOW TO USE

- Tea (petals or leaves)
- Infused oil for skin and body
- Culinary (seeds and petals)
- Aromatherapy / diffuser
- Sun rituals and solar meditations



CONTRAINDICATIONS & SAFETY

Generally safe for most people. Seeds are high in calories. Use caution with seed allergies. Consult a professional if pregnant, breastfeeding or taking medication for blood thinning.



EMOTIONAL / SPIRITUAL SUPPORT

Sunflower encourages joy, self-acceptance and living in alignment with your purpose. It helps you rise above doubt and face the world with an open heart.



REFLECTION PROMPT

What lights me up?
What gifts am I here to share?
How can I bring more joy, warmth and abundance into my life and the lives of others?



SUCCESS • VITALITY • JOY • ABUNDANCE • WARMTH • CLARITY



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ANGELICA – BACK



BOTANICAL PROFILE

Family: Apiaceae

Native to: Northern Europe and Asia

Plant part used: Root, seeds, leaves

Taste: Pungent, bitter, slightly sweet



PHYTOCHEMISTRY / ACTIVE CONSTITUENTS

Contains coumarins, essential oils (including alpha-pinene, limonene, and beta-pinene), furanocoumarins, flavonoids, polyacetylenes, and polysaccharides.

These constituents contribute to adaptogenic, anti-inflammatory, antimicrobial and digestive supportive effects.



TRADITIONAL USES

Angelica has been used since ancient times for protection, healing and spiritual purification. Valued for its ability to strengthen the body, clarify the mind and provide courage during times of change.

It supports deep healing, helps release what no longer serves, and encourages spiritual awakening and renewal.



EVIDENCE-BASED SUPPORT

- May help reduce stress and support adrenal balance.
- Shows anti-inflammatory and antioxidant properties.
- May support digestive health and reduce bloating.
- Has antimicrobial activity against certain bacteria and fungi.
- Traditionally used to support respiratory and immune health.



ENERGETICS

Purifying
Protective
Grounding
Strengthening
Energising



HOMEOPATHIC / ENERGETIC QUALITIES

Supports deep transformation and inner calling. Encourages truth, forgiveness and release of karmic patterns. Restores courage and divine purpose.



ASTROLOGICAL SYMPATHIES

Ruled by Pluto •
Associated with Scorpio.
Supports transformation, rebirth, purification and spiritual power.



CRYSTAL ALLY

Green Fluorite
Enhances clarity, protection and spiritual insight. Aids transformation and energetic renewal.



LUNAR TIMING



Best harvested during the waning moon for release, cleansing and letting go. or the New Moon for new beginnings and spiritual renewal.



HOW TO USE

- Tea (root or seeds)
- Tincture
- Essential oil (diluted)
- Bath for purification
- Incense or smudging



CONTRAINDICATIONS & SAFETY

Not recommended in pregnancy. May cause photosensitivity. Avoid in large doses if you have hormone-sensitive conditions. Use with caution with anticoagulant medications.



EMOTIONAL / SPIRITUAL SUPPORT

Angelica helps you release the old, forgive, and rise. It restores inner strength, supports soul alignment and reminds you that every ending is a sacred new beginning.



REFLECTION PROMPT

What is my soul calling me to release?
What truth am I ready to embrace?
How can I answer the call of my highest purpose?



AWAKENING • CALLING • RECKONING • TRANSFORMATION • RENEWAL

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LAVENDER – BACK



BOTANICAL PROFILE

Family: Lamiaceae

Native to: Mediterranean region

Plant part used: Flowers, flowering tops

Taste: Aromatic, slightly bitter, floral



PHYTOCHEMISTRY / ACTIVE CONSTITUENTS

Contains linalool, linalyl acetate, lavandulol, 1,8-cineole, camphor, borneol, and flavonoids.

These constituents contribute to calming, adaptogenic, antimicrobial, and neuroprotective effects.



TRADITIONAL USES

Lavender has been treasured since ancient times for purification, healing, and spiritual practices. Valued for its calming, balancing and harmonising properties, it supports restful sleep, relieves stress, soothes the nervous system and uplifts the spirit.



EVIDENCE-BASED SUPPORT

- May help reduce anxiety, stress and promote relaxation.
- Supports restful sleep and improves sleep quality.
- Shows antimicrobial and anti-inflammatory properties.
- May support skin healing and reduce mild pain.



ENERGETICS

Calming
Balancing
Soothing
Clarifying
Uplifting



HOMEOPATHIC / ENERGETIC QUALITIES

Supports emotional balance,
relieves nervous tension,
encourages inner peace
and spiritual connection.



ASTROLOGICAL SYMPATHIES

Ruled by Saturn •
Associated with Aquarius.
Supports completion,
wisdom, higher
perspective and unity.



CRYSTAL ALLY

Amethyst
Enhances intuition,
spiritual awareness,
protection and
inner peace.



LUNAR TIMING



Best harvested during the waxing moon
for growth, abundance and completion,
or the Full Moon for alignment
and spiritual fulfilment.



HOW TO USE

- Tea (flowers)
- Essential oil (diluted)
- Aromatherapy / diffuser
- Bath for relaxation
- Sachets, pillows and smudge bundles



CONTRAINDICATIONS & SAFETY

Generally safe when used properly. May cause photosensitivity.
Avoid in large doses if pregnant. Consult a professional if pregnant,
breastfeeding or taking medication.



EMOTIONAL / SPIRITUAL SUPPORT

Lavender supports peace, acceptance
and a sense of completion. It helps you
integrate lessons learned and step forward
in alignment with your highest path.



REFLECTION PROMPT

What have I learned on my journey?
How can I celebrate how far I've come?
What does wholeness mean to me?
How will I carry my wisdom forward?



COMPLETION • HARMONY • INTEGRATION • WHOLENESS • FULFILMENT

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