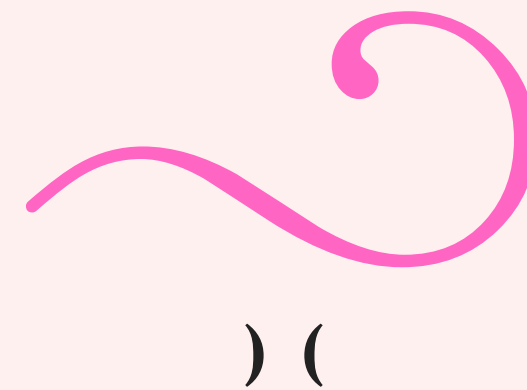




FEBRUARY'S RECIPE

LOVING POTION

a bit of sweet softness for yourself



MOON BY MOON APOTHECARY

february

is a threshold month. it is the shortest month of our gregorian calendar, it is a liminal time where we can feel the oncoming of spring, just around the bend, & yet we are still within the icy, sleepy grip of winter. it is here we truly see the light growing at the end of the tunnel

some of us may feel exhausted, some may feel indifferent, some unready to go forth into the light. i like to use this time to go slowly, to not rush, to let myself really savor the final breaths of my favorite season before the throbbing, pulsing, thawing of the world & my spirit begins. wherever you are, however you feel this month, allow yourself to feel it, without changing a thing. it is okay not to know

in all liminal times, i always try to remind myself & others of this: feel love for yourself & where you are in this moment, regardless of how chaotic or uncertain or indifferent you may be experiencing your world at this time

this brings me to a beautiful & simple recipe for using roses to allow ourselves to take it slow, find our pace, feel our feelings so that they may trickle or gush forth come spring ~

you'll need

- sesame seed oil*
- dried rose petals
- rose quartz essence
- vitamin e (optional)
- clean, dry glass jar with a lid
- cheesecloth

*any oil will do, including olive, almond, grapeseed, or sunflower. i love sesame seed oil because it is so warming & it has such a lovely, sweet scent to it

**this is a solar recipe, so it will take about two weeks to steep!

recipe

- fill your jar about 1/2 full with your roses
- then fill to the top with oil, adding 1 tsp of vitamin e per cup of oil
- stir with a wooden spoon to get air bubbles out & place the lid on
- set your jar in a warm, sunny window to steep for about 2 weeks
- strain by pouring your oil through a sieve lined with cheesecloth ~ squeezing the cloth to get the most oil out of the plants
- place your freshly strained oil in a clean, dry bottle or jar + add 3 drops of your rose quartz essence
- use lavishly directly on your skin, added into a bath, or even as a hair mask