

■ Aries

Your energy is fast, intense, and action-driven. Your work is to learn how to slow down and control your fire.

■ CLEANSE (Release & Reset)

Sage

Clears emotional heat and tension

How: Smoke or bath

Frequency: 1–2x/week

■■ **Warning:** May drain energy if overused

Eucalyptus

Releases pressure in the body

How: Steam or bath

Frequency: 1–2x/week

■■ **Warning:** Can cause lightheadedness

Bay Leaf

Clears impulsive thinking

How: Tea or burn

Frequency: 1x/week

■■ **Warning:** Can create agitation

■ BOOST / ALIGN (Support & Strengthen)

Rosemary

Supports focus and direction

How: Tea or oil

Frequency: 2–3x/week

■■ **Warning:** Overstimulates mind

Ginger

Encourages controlled action

How: Tea

Frequency: 2x/week

■■ **Warning:** Creates excess heat

Cinnamon

Amplifies energy

How: Tea/ritual

Frequency: 1x/week max

■■ **Warning:** Increases anger and impulsiveness

Aries doesn't need more fire — it needs control.

■ Taurus

Your energy is grounded but can become stagnant. Your work is to move and open emotionally.

■ CLEANSE (Release & Reset)

Basil

Lifts stagnant energy

How: Tea

Frequency: 2x/week

■■ **Warning:** Restlessness

Mint

Refreshes heaviness

How: Tea

Frequency: 2–3x/week

■■ **Warning:** Overstimulation

Thyme

Clears emotional blocks

How: Tea

Frequency: 1–2x/week

■■ **Warning:** Tension

■ BOOST / ALIGN (Support & Strengthen)

Rose

Opens the heart

How: Tea/oil

Frequency: 2–3x/week

■■ **Warning:** Sensitivity

Chamomile

Relaxes the body

How: Tea

Frequency: 3x/week

■■ **Warning:** Laziness

Patchouli

Grounds energy

How: Oil

Frequency: Occasional

■■ **Warning:** Heaviness

Taurus doesn't need more comfort — it needs movement.

■ Gemini

You are mental and fast-moving. Your work is focus.

■ CLEANSE (Release & Reset)

Sage

Supports cleansing

How: Tea/smoke

Frequency: 1–2x/week

■■ **Warning:** Overuse imbalance

Lemongrass

Supports cleansing

How: Tea/smoke

Frequency: 1–2x/week

■■ **Warning:** Overuse imbalance

Lavender

Supports cleansing

How: Tea/smoke

Frequency: 1–2x/week

■■ **Warning:** Overuse imbalance

■ BOOST / ALIGN (Support & Strengthen)

Peppermint

Supports alignment

How: Tea/oil

Frequency: 2x/week

■■ **Warning:** Overuse imbalance

Dill

Supports alignment

How: Tea/oil

Frequency: 2x/week

■■ **Warning:** Overuse imbalance

Fennel

Supports alignment

How: Tea/oil

Frequency: 2x/week

■■ **Warning:** Overuse imbalance

Gemini needs clarity, not more thoughts.

■ Cancer

You are emotional and sensitive. Your work is protection.

■ CLEANSE (Release & Reset)

Mugwort

Supports cleansing

How: Tea/smoke

Frequency: 1–2x/week

■■ **Warning:** Overuse imbalance

Sage

Supports cleansing

How: Tea/smoke

Frequency: 1–2x/week

■■ **Warning:** Overuse imbalance

Eucalyptus

Supports cleansing

How: Tea/smoke

Frequency: 1–2x/week

■■ **Warning:** Overuse imbalance

■ BOOST / ALIGN (Support & Strengthen)

Rose

Supports alignment

How: Tea/oil

Frequency: 2x/week

■■ **Warning:** Overuse imbalance

Chamomile

Supports alignment

How: Tea/oil

Frequency: 2x/week

■■ **Warning:** Overuse imbalance

Jasmine

Supports alignment

How: Tea/oil

Frequency: 2x/week

■■ **Warning:** Overuse imbalance

Cancer needs emotional safety.

■ Leo

You are expressive and powerful. Your work is heart balance.

■ CLEANSE (Release & Reset)

Sage

Supports cleansing

How: Tea/smoke

Frequency: 1–2x/week

■■ **Warning:** Overuse imbalance

Bay Leaf

Supports cleansing

How: Tea/smoke

Frequency: 1–2x/week

■■ **Warning:** Overuse imbalance

Lemon

Supports cleansing

How: Tea/smoke

Frequency: 1–2x/week

■■ **Warning:** Overuse imbalance

■ BOOST / ALIGN (Support & Strengthen)

Rose

Supports alignment

How: Tea/oil

Frequency: 2x/week

■■ **Warning:** Overuse imbalance

Lavender

Supports alignment

How: Tea/oil

Frequency: 2x/week

■■ **Warning:** Overuse imbalance

Cinnamon

Supports alignment

How: Tea/oil

Frequency: 2x/week

■■ **Warning:** Overuse imbalance

Leo needs heart balance, not more fire.

■ Virgo

You are analytical. Your work is release.

■ CLEANSE (Release & Reset)

Sage

Supports cleansing

How: Tea/smoke

Frequency: 1–2x/week

■■ **Warning:** Overuse imbalance

Parsley

Supports cleansing

How: Tea/smoke

Frequency: 1–2x/week

■■ **Warning:** Overuse imbalance

Lavender

Supports cleansing

How: Tea/smoke

Frequency: 1–2x/week

■■ **Warning:** Overuse imbalance

■ BOOST / ALIGN (Support & Strengthen)

Chamomile

Supports alignment

How: Tea/oil

Frequency: 2x/week

■■ **Warning:** Overuse imbalance

Lemon Balm

Supports alignment

How: Tea/oil

Frequency: 2x/week

■■ **Warning:** Overuse imbalance

Basil

Supports alignment

How: Tea/oil

Frequency: 2x/week

■■ **Warning:** Overuse imbalance

Virgo needs to relax.

■ Libra

You seek balance but struggle with decisions.

■ CLEANSE (Release & Reset)

Sage

Supports cleansing

How: Tea/smoke

Frequency: 1–2x/week

■■ **Warning:** Overuse imbalance

Lavender

Supports cleansing

How: Tea/smoke

Frequency: 1–2x/week

■■ **Warning:** Overuse imbalance

Lemongrass

Supports cleansing

How: Tea/smoke

Frequency: 1–2x/week

■■ **Warning:** Overuse imbalance

■ BOOST / ALIGN (Support & Strengthen)

Rose

Supports alignment

How: Tea/oil

Frequency: 2x/week

■■ **Warning:** Overuse imbalance

Basil

Supports alignment

How: Tea/oil

Frequency: 2x/week

■■ **Warning:** Overuse imbalance

Mint

Supports alignment

How: Tea/oil

Frequency: 2x/week

■■ **Warning:** Overuse imbalance

Libra needs clarity.

■ Scorpio

You are deep and intense.

■ CLEANSE (Release & Reset)

Mugwort

Supports cleansing

How: Tea/smoke

Frequency: 1–2x/week

■■ **Warning:** Overuse imbalance

Sage

Supports cleansing

How: Tea/smoke

Frequency: 1–2x/week

■■ **Warning:** Overuse imbalance

Palo Santo

Supports cleansing

How: Tea/smoke

Frequency: 1–2x/week

■■ **Warning:** Overuse imbalance

■ BOOST / ALIGN (Support & Strengthen)

Rose

Supports alignment

How: Tea/oil

Frequency: 2x/week

■■ **Warning:** Overuse imbalance

Lavender

Supports alignment

How: Tea/oil

Frequency: 2x/week

■■ **Warning:** Overuse imbalance

Patchouli

Supports alignment

How: Tea/oil

Frequency: 2x/week

■■ **Warning:** Overuse imbalance

Scorpio needs to release.

■ Sagittarius

You are expansive and restless.

■ CLEANSE (Release & Reset)

Sage

Supports cleansing

How: Tea/smoke

Frequency: 1–2x/week

■■ **Warning:** Overuse imbalance

Eucalyptus

Supports cleansing

How: Tea/smoke

Frequency: 1–2x/week

■■ **Warning:** Overuse imbalance

Bay Leaf

Supports cleansing

How: Tea/smoke

Frequency: 1–2x/week

■■ **Warning:** Overuse imbalance

■ BOOST / ALIGN (Support & Strengthen)

Ginger

Supports alignment

How: Tea/oil

Frequency: 2x/week

■■ **Warning:** Overuse imbalance

Chamomile

Supports alignment

How: Tea/oil

Frequency: 2x/week

■■ **Warning:** Overuse imbalance

Nutmeg

Supports alignment

How: Tea/oil

Frequency: 2x/week

■■ **Warning:** Overuse imbalance

Sagittarius needs direction.

■ Capricorn

You are disciplined but closed emotionally.

■ CLEANSE (Release & Reset)

Sage

Supports cleansing

How: Tea/smoke

Frequency: 1–2x/week

■■ **Warning:** Overuse imbalance

Thyme

Supports cleansing

How: Tea/smoke

Frequency: 1–2x/week

■■ **Warning:** Overuse imbalance

Bay Leaf

Supports cleansing

How: Tea/smoke

Frequency: 1–2x/week

■■ **Warning:** Overuse imbalance

■ BOOST / ALIGN (Support & Strengthen)

Rose

Supports alignment

How: Tea/oil

Frequency: 2x/week

■■ **Warning:** Overuse imbalance

Chamomile

Supports alignment

How: Tea/oil

Frequency: 2x/week

■■ **Warning:** Overuse imbalance

Patchouli

Supports alignment

How: Tea/oil

Frequency: 2x/week

■■ **Warning:** Overuse imbalance

Capricorn needs softness.

■ Aquarius

You live in the mind.

■ CLEANSE (Release & Reset)

Sage

Supports cleansing

How: Tea/smoke

Frequency: 1–2x/week

■■ **Warning:** Overuse imbalance

Lemongrass

Supports cleansing

How: Tea/smoke

Frequency: 1–2x/week

■■ **Warning:** Overuse imbalance

Eucalyptus

Supports cleansing

How: Tea/smoke

Frequency: 1–2x/week

■■ **Warning:** Overuse imbalance

■ BOOST / ALIGN (Support & Strengthen)

Lavender

Supports alignment

How: Tea/oil

Frequency: 2x/week

■■ **Warning:** Overuse imbalance

Rose

Supports alignment

How: Tea/oil

Frequency: 2x/week

■■ **Warning:** Overuse imbalance

Rosemary

Supports alignment

How: Tea/oil

Frequency: 2x/week

■■ **Warning:** Overuse imbalance

Aquarius needs connection.

■ Pisces

You are sensitive and spiritual.

■ CLEANSE (Release & Reset)

Mugwort

Supports cleansing

How: Tea/smoke

Frequency: 1–2x/week

■■ **Warning:** Overuse imbalance

Sage

Supports cleansing

How: Tea/smoke

Frequency: 1–2x/week

■■ **Warning:** Overuse imbalance

Eucalyptus

Supports cleansing

How: Tea/smoke

Frequency: 1–2x/week

■■ **Warning:** Overuse imbalance

■ BOOST / ALIGN (Support & Strengthen)

Lavender

Supports alignment

How: Tea/oil

Frequency: 2x/week

■■ **Warning:** Overuse imbalance

Jasmine

Supports alignment

How: Tea/oil

Frequency: 2x/week

■■ **Warning:** Overuse imbalance

Sandalwood

Supports alignment

How: Tea/oil

Frequency: 2x/week

■■ **Warning:** Overuse imbalance

Pisces needs grounding.