Anointing Oil Recipe

From Raymond Buckalnd’s “Wicca for One”

Take a small bottle and fill it with mint. There are many different types of mint, but Catnip, Nepeta cataria, is preferable. Pour enough olive oil to cover the mint and fill the bottle. Again there are many types of olive oil. Choose good quality, extra-vrigin olive oil. Cap the bottle and let it stand in a cool, dry place for twenty-four hours, turning the jar upside-down every six hours (I did every eight hours, dividing day into thirds. Six hours divides day into fourths.) At the end of the twenty-four hour period, carefully strain the liquid through a piece of cheesecloth into a bowl. Refill the bottle with fresh mint and pour in the oil from the bowl. Again cap it, store it, and turn every six hours (or eight). Repeat this process over at least a three-day period, using the same oil but refreshing the mint each time. At the end of that time, again strain it and this time bottle the piqued. This is your anointing oil.

I used catnip, spearmint and wormwood for the oil made in June 2012. Here are there associations:

**Catnip:** Aka – catmint, cat’s wort, field balm and nip. Beauty, love and happiness. Ruled by Venus.

**Spearmint (Mentha spicata):** Aka – brown mint, green mint, garden mint, lamb mint, mackerel mint, our lady’s mint, spire mint, and yerba beuna. Love, healing, and psychic powers. Ruled by Venus.

**Wormwood (Artemisis absinthium):** Aka – absinthium, old woman, and crown for a king. Love, protection, psychic powers and communicating with spirits. Ruled by Mars.