



Lunar Medicine

A month long study
OF HERBALISM BY THE MOON



Supply List

Various Herbs & Spices
(specifics on following pages)

Various Oils (coconut, olive, sunflower, etc)

Choice of Wax and/or butters
(shea, cocoa, mango)

Alcohol (vodka or brandy)

Apple Cider Vinegar

Raw Local Honey

Various Jars & Containers



Full Moon

Rose:

Yarrow:

Sage:



Waning Moon

Rosemary:

Tulsi :

Mugwort:



New Moon

Ginger:

Chamomile:

Lavender:



Waxing Moon

Red Clover:

Cardamom:

Cinnamon:



Plant Profile

Name (common & botanical):

Indications & Actions:

Contraindications:

Applications: