

Herbs for Love

We usually think about herbs only for their culinary and medicinal use. But, for centuries herbs have been used in the interests of “love.” So, in honor of the day we celebrate for lovers/sweethearts, St. Valentines’ Day, the following are a few herbs that have been used for this particular purpose.

Apple: The blossoms are added to love sachets and incenses, and they are infused in melted pink wax to make candles suitable to burn for attracting love. Cutting an apple in half and sharing it with your loved one ensures that you will be happy together. Hold an apple in your hand until warm, then give it to your intended. If he/she eats it, your love will be returned. Popular among unmarried women in Europe many centuries ago, they would cut an apple in two and count the number of seeds. If there was an even number, marriage would soon occur. If one of the seeds is cut, it may be a stormy relationship. If two are cut, widowhood is foretold.

Basil: The fresh leaves are rubbed against the skin as a kind of natural love perfume. It was once thought that a young man would love any woman from whose hand he accepted a sprig of basil.

Bleeding heart: Crush the flower. If the juice is red, your love interest has a heart full of love for you. But if it is white, he/she doesn’t love you. When this plant is grown at our house, it brings love to it.

Caraway: Placed in sachets to attract a mate and when baked in cookies, bread, or cakes they are lust-inducing. Chewing the seeds is helpful to gain the love of one you desire.

Carrots: They are eaten to promote lust and to cure impotence.

Chili pepper: It is used in love powders to inflame your beloved, or to ensure that the love you find will be spicy.

Ginseng: The root is carried to attract love and to ensure sexual potency. It also brings beauty to all who carry it. A tea of ginseng is used as a powerful lust-inducing drink.

Hibiscus: The flowers of a red hibiscus are brewed into a strong red tea, which is consumed for its lust-inducing power, which is why it was forbidden to women in early Egypt for this reason. The blossoms are also used in love incenses and sachets.

Lavender: This herb has long been used in love spells and sachets. Lavender placed in a drawer with clothes attracts love. A piece of paper on which you’ve rubbed lavender is excellent for writing love notes. The scent of lavender particularly attracts men. During the Renaissance it was believed that lavender together with rosemary when worn would preserve a woman’s chastity.

Loveage and/or Vetiver: Add these to your bathwater in a sachet, they will make you more attractive and love-inspiring. Such baths are best taken directly before going out to meet new people.

Myrtle: The leaves and flowers are added to all love sachets to keep love alive and exciting. When carried, it preserves love and if grown on each side of the house, love and peace will reside within.

Pansies: They draw love to you and are used for love divination. Plant pansies in the shape of a heart, if they prosper, so will your love.

Roses: They have long been used in love mixtures owing to the flower’s association with the emotions. Rose water is added to love baths. Rose hips are strung and worn as love-attracting beads.

Turnip: If you have an admirer you simply cannot convince to leave you alone, place a dish of the turnips in front of him/her, and they will get the idea.

Valerian: This is added to love sachets and if a woman has a sprig of the plant pinned to her clothing, it will cause men to “follow her like children.” If a couple is quarreling, introduce some of this herb into the area and all will soon be calm.

Vanilla: Is used in love sachets and the scent and taste are considered to be lust-inducing. A vanilla bean placed in a bowl of sugar will infuse it with love vibrations, the sugar can then be used to sweeten love potions.

Willow: The leaves are carried or used in mixtures to attract love. If you wish to know if you will be married in the New Year, on New Years Eve throw your shoes into a willow tree. If they don’t catch and stay in the branches the first time, you have eight more tries. If you succeed in trapping your shoes in the tree, you will be wed within twelve months.

Witch Hazel: If a small piece of the bark is carried, helps to mend a broken heart and cool the passions.

Yarrow: Hang this over the bed or use in wedding decoration it ensures love to last at least seven years. Yarrow is also used in love spells. Carrying yarrow not only brings love but it also attracts friends and distant relations you wish to contact. It draws the attention of those you most want to see.

Yerba Mate: Wear a few leaves to attract the opposite sex. The lust potion, if consumed with a loved one will ensure that you stay together. To break off the relationship, spill some onto the ground.

Hyacinth, the dried flowers; Indian Paint Brush; Lady's Mantle; Clove; Black Cohash; Elecampane; Catnip; Cherry; Chickweed, when carried; Lemon Balm; Bloodroot; Lemon, dried flowers and peel; Verbena; Nettle; Patchouly; Pimento; Primrose; Purslane; Rosemary; Saffron; Spiderwort; Sugarcane; all of these attract love, the opposite sex, and/or promote lust. These may be worn, put in sachets, or soaked in wine for several hours, strained, and shared with your love interest.

Steep the seeds of coriander, cumin or cardamon in warm wine for an effective lust potion. Endive is worn to attract love and when served in salads it stirs lust in the partakers. When two people eat leeks, they will fall in love with each other. Papaya is served to intensify feelings of love. Poppy seeds are added to food to induce love. Strawberries are served as a love food

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with credit to Scott Cunningham's Encyclopedia of Magical Herbs

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