

# Lemon Balm



**Planet:** VENUS, JUPITER, THE MOON

**Element:** WATER

**Gender:** FEMININE

**Healing & Magical Properties:**

LOVE, HAPPINESS, PURITY, INTUITION, CONFIDENCE, HEALING, RENEWAL, FOCUS, PROSPERITY, RELAXING, UPLIFTING, RELIEVES ANXIETY, PROMOTE SLEEP, MOON MAGIC, PROTECTION

**How to Use Lemon Balm:**

CARRY LEMON BALM WITH YOU TO ATTRACT LOVE, OPEN YOUR HEART CHAKRA TO ROMANTIC LOVE AND HEAL EMOTIONAL WOUNDS. STRENGTHEN YOUR CURRENT RELATIONSHIP BY SHARING LEMON BALM TEA OR ADDING INTO SOUPS AND SALADS. USE THIS HERB TO HEAL HEARTBREAK AFTER A BREAKUP. SIT NEAR A PLANT OR BREATHE IT IN FOR UPLIFTING ENERGY IF YOU ARE FEELING DOWN AND NEED BALANCE. ATTRACT PROSPERITY BY PUTTING LEMON BALM LEAVES IN YOUR WALLET OR GROW IN YOUR HOUSE OR GARDEN. CLEANSE YOUR AURA IN LEMON BALM INFUSED WATER. ANOINT YOUR THIRD EYE WITH LEMON BALM INFUSED WATER.

**Warnings**

MAKE SURE YOU USE EXTRA CAUTION WHEN YOU USE HERBS ON YOUR SKIN OR INGEST THEM. SOME HERBS MAY CAUSE ALLERGIC REACTIONS IN PEOPLE. MAKE SURE THAT THE HERBS YOU USE DO NOT CONTAIN CHEMICALS AND PESTICIDES.

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