

HOW TO MAKE YOUR OWN SMUDGE STICK

Step 1

Gather your ingredients. I used fresh sage, rose petals that were partially dried (about 5 days old) and completely dried mini rosebuds.

Step 2

Layer your ingredients, positioning the bases of the largest leaves (or stemmed herbs) at the same level as one another. This makes the binding process a bit easier.

Step 3

Cut a piece of twine (or 100% cotton thread) that is 4 times the length of your bundle. Make a simple knot on one end of the string and tighten it around the stems, binding the bundle together. This should leave one side of the string approximately 3 times the length of your bundle

Step 4

With the long end of the string, begin to wrap the bundle tightly, spiraling up towards the top of the bundle. Fold in any stray sprigs, tucking them under the string as you go. Once you reach the top of the bundle continue wrapping, crisscrossing the twine as you head back down toward the base. Tie the loose end to the original knot at the base of the stick.

Step 5

For best results, hang your fresh smudge stick and allow at least 3 weeks drying time. When ready, light the ends and enjoy the calming herbal scent.' helloglow.co

