



space cleansing

SMUDGE SET

curated by

botica
natural remedies



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Sanctuary

– a sacred space. A place that makes you feel safe, peaceful and at ease.

Transform your space into a sanctuary, inviting in an abundance of peace & blessings with the deep knowing that you are always protected and guided.

An energetically cleansed home is truly a joyous space to seek refuge from the hectic rush of modern life.

Follow through with an energetic reset to restore your mind, body & spirit to a state of stillness and bliss.

This set is a curated with the intention to purify your home & when you're travelling or even as a quick energetic pick me up anytime, anywhere.

happy smudging!

A close-up photograph of a lit sage smudge stick. The stick is wrapped in light-colored, textured paper and is held together by white string. A bright orange flame is visible at the tip, with a plume of white smoke rising from it. The smudge stick is surrounded by green foliage, including large, oval-shaped leaves and clusters of small yellow flowers. The background is a soft, out-of-focus grey.

what's inside?



(ethically sourced)

White sage smudge stick

Smoke cleansing has been used in ceremonial practices by many cultures and **burning sage** (*one of many traditionally used herbs*) **helps to clear away stagnant/negative energy in your space** - creating a positive environment for meditation, connection, grounding & intuition.

Please note that smudging is a highly sacred ceremony to practice respectfully with the purest of intentions.

usage suggestion

Before lighting the sage stick, **set an intention to lovingly cleanse any heavy, negative or stagnant energy in your space, body & mind while visualizing it being lifted away** as you gently direct the stick (*and smoke*) to all the areas of your space & around your body. Great for not only purifying your space but also before meditation or performing any sacred ceremonies.

Here are a few links that I've come across that describe smudging in-depth for a deeper understanding of the sacred process.

[Smudging for Beginners](#)

[Video Guide](#)

[Sage Smudging Ritual](#)



*click or tap
to view links



(handcrafted)

Sage space mist

A smokeless, on-the-go alternative for the modern age. Formulated with **Myrrh, Frankincense, Sage, Cypress, and Juniper Berry essential oils** – the same plants that are used in traditional smudging ceremonies by cultures across the globe. It's further infused with **Smoky Quartz gem essence** for an additional grounding & protective energy too!

Suitable for use where burning sage may not be a preferred choice. Perfect for places and situations where setting something on fire might result in a lot of side eye (*at the very least*) or *perhaps setting off a smoke alarm (at the very worst!)* It's great for a quick space cleanse at work, in the car (*bye bye road rage*) and especially around little kids (*their health always comes first!*).



usage suggestion

Shake well before spraying.

As with the smudge stick, set the intention to cleanse & purify the space/mind/body before spraying around the room.

You can use it as an alternative to the smudge stick in places such as at the workplace, if you are living at home with housemates/family or when you're out and about.

Great for a quick energetic cleanse after a long day out or before meditation.

Also available in a 50ml full sized bottle on the website.



Aloe Vera incense cones

Incense has a long history of use in ceremonial practices (*and perfumery*) all around the world. When burned they emit a purifying smoke and aroma that cleanses & purifies the energy of the space. They also help the mind to get into a deeper state of meditation - connecting us to our higher consciousness and guiding us into a state of stillness.

Aloe Vera holds a special place within both the the physical & spiritual realms, helping to treat injuries/ailments while also *lending a sense of peace that calms the mind* in times of mental chaos while also *guiding the spirit back into alignment energetically*.

Four green, cone-shaped incense cones are arranged on a textured green background. One cone is lying horizontally in the foreground, while three others are standing upright in the background. They cast soft shadows on the surface.

usage suggestion

Place the incense cone on a heat-proof dish and light the tip. As it burns, let the purifying smoke wash over your senses and guide you into a state of tranquillity.

Approximate burn time : 20 mins

Always take precautions when burning incense cones. Light the cone on a fireproof, heat resistant surface and in a well ventilated area away from flammable materials. Never leave them burning unattended especially if there are children or pets in the same room.



Feather

In traditional Native American ceremonies, feathers represent the element of air and a gift from the higher realms.

As with many ceremonies, the feather **completes the balance of the elements**. Use them to **direct & guide the sage smoke** around your body or the room to be carried forth into the wind.

May you have a beautiful experience
with these loving energies with lots of
joy, ease and grace.

Available on the web store & Shopee.
Click on the icon to visit the respective sites.



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