

Peppermint Long Distance Healing Spell



- 1. Lay peppermint leaves on top of a photograph of the ill*
- 2. Charge a blue candle with your intention*
- 3. Carve and dress the candle as you see fit*
- 4. Burn the candle beside the photo*
- 5. When the candle has extinguished, throw the peppermint leaves out*
- 6. Repeat the steps as needed using fresh peppermint leaves every time*