

# wellness Recipe

## Sage Cleansing Stick

Engaging in this practice in mindfulness can be calming and centering, and it can change the mood or energy of a room.

### INGREDIENTS

3-4 sprigs of Sage from  
your garden (8/10" long)  
100% cotton string  
(embroidery string works  
well)

### INSTRUCTIONS

- Tie a knot at the base of the sage sprigs. Wrap the string upward around the bunch at a 45-degree angle and back down. Add a few wraps when you get to the base and tie another knot.
- Hang your stick(s) upside down to dry.
- Adding other herbs is an easy way to add variety and a little color. For example, add lavender for happiness and tranquility

