

Bay Leaves

Laurus nobilis

Aromatic evergreen leaves used for
cooking, wellness & magical practices



Adds depth & warmth to dishes while doubling as a ritual herb

Protection - Prosperity - Clarity

Can be used in cooking, herbal baths, sachets & rituals

Valued by ancient Greeks & Romans for culinary, medicinal
& ceremonial purposes, symbolizing victory & wisdom



Bay Leaves

Laurus nobilis



☀ full sun | 💧 moderate water

🌱 well-drained

🌡 Zones 8-11

does well in containers

Fun Facts

Ancient Greek wore laurel crowns to symbolize honor & achievement

Harvest/Storage Notes

Harvest leaves and preserve by air or oven drying or freeze in airtight container to maintain aroma & potency

In the Kitchen

Use whole leaves in soups, stews & beans for subtle flavor. Always remove before serving

Medicinal Uses

Traditionally used to support digestion, reduce bloating & for mild anti-inflammatory benefits. Used in teas & aromatic baths. Remove leaves before eating & use essential oils with caution

Key Constituents

Cineole, eugenol, myrcene, polyphenols & flavonoids, contributing to flavor, digestive support, antioxidant & anti-inflammatory properties

Magical Properties

Planet: Sun --- Element: Fire
Associated with protection, purification, prosperity
Used to support victory & protection & in prosperity spells

Legendary Culinary & Magical Tonic: enhances flavor, aids digestion & purifies energy
Supports digestive comfort & reduces bloating

Can be used in teas, soups, stews & baths for wellness & aromatic support

Traditionally burned as an incense to cause visions and included in in dream pillows to attract clarity, protection & prophetic dreams

Plant near doors, windows or paths for protective energy
Add to cleaning solutions or sachets to purify & empower the home

