Plant Baths



Plant baths are a beautiful way to work in relationship with plants for cleansing, grounding, nourishment, and support. They can be simple or more intentional, and like all spirit-centered practices, what matters most is presence and relationship rather than doing things perfectly.

What You'll Need

• An intention
• A bucket, pitcher, or mason jar
• Dried and or fresh herbs of your choice
• Water
• A strainer (optional)

A note about intention
Before preparing your bath, take a moment to bless the herbs and set a simple intention. The more intention you bring to creating and experiencing your bath, the more meaningful the experience can be. Your intention may be as simple as self nourishment, or it may be for cleansing, purification, or protection. Let it be honest and appropriate for where you are in that moment.

Making Your Plant Bath Outdoors

1. Fill a bucket or pitcher with water.
2. Add your dried or fresh herbs to the water. A general guideline is about one ounce of dried herbs per three gallons of water, though this is only a reference point. Trust your preference and experiment until you discover what feels right for you. As you add each plant, invite the spirit of that plant into your bath.
3. Allow the herbs to soak and gently squeeze them into the water to release their essence.
4. Add your prayers and intentions through singing, prayer, or spoken words.
5. Let the bath steep in the sun for three to four hours.
6. If bathing outdoors and you prefer not to be nude, wearing a bathing suit is perfectly fine. Using a small bowl, pour the bath over your body and gently rub the plant material onto your skin.
7. Traditionally, the bath is allowed to dry on the body without using a towel, after which one goes about

© 2026 Heather O'Connell • www.myspiritwisdom.com

their day. This is optional. Follow what feels appropriate and comfortable for you.

Making Your Plant Bath Indoors

Shower Stall

Prepare your plant bath about thirty minutes before you intend to shower.

1. Boil enough water to fill half of a quart or half gallon mason jar.
2. Add four to five pinches of dried herbs, about one ounce total, inviting the spirit of each plant as you add them.
3. Pour boiling water over the herbs, add your prayers and intentions, cover, and let steep for fifteen minutes.
4. Remove the lid and add cool water until the temperature is comfortable.
5. If desired, strain the liquid into another jar using a tea strainer or sprout lid.

Pour the plant bath over your body at the end of your shower and allow it to dry on your skin if possible.

Bath Tub

Follow the same steps above, with or without straining, depending on whether you want plant material in the tub. Fresh loose herbs may also be added directly to the bath. Because bath water is not always hot enough to steep dried herbs, preparing them in a jar beforehand is often more effective.

Suggested Herbs for Plant Baths

I suggest keeping plant baths simple by working with one to three plants at a time. This supports clarity in relationship and helps the plants work together more harmoniously. Leaves, flowers, and roots may all be used in plant baths, depending on the plant and the nature of the work. If you are unsure which plants or which parts of the plants to use, I suggest journeying to the spirit of the plant(s) and asking directly.

- Rose petals or buds – self love, nourishment, strength, yin energy
- Tobacco – purification, clarity, protection
- Chamomile flowers – calmness, stress relief
- Calendula flowers – sealing thin or torn places in the energetic field
- Lavender flowers – peace, stress relief, yin energy
- Dandelion leaf – healing old wounds
- Lemongrass – breaking habits, warding trickery
- Bay laurel leaves – protection, clearing crossed conditions
- Thyme – grief support, restful sleep, purification
- Rue – deep cleansing and protection, especially of the heart
- Lemon balm – energetic cleansing, soothing to the nervous system
- Hyssop and rue together – clearing guilt and shame, not used with other plants
- Rosemary – protector of women, clears heavy energy
- Nettle – strength, resilience, fortification

© 2026 Heather O’Connell • www.myspiritwisdom.com