

Scroll VIII

The Living Stillroom Almanac



*Sweetens breath with clove
& mace*

Rosemary

Rosmarinus officinalis / Salvia rosmarinus

Temperament: Hot, dry

Under the Sun, in Aries

Also answers to: White Dead Nettle

What the Old Ones Said

Culpeper writes that the Sun claims privilege in Rosemary, and that it is an herb of great use “not only for physical but civil purposes.” By its warming and comforting heat it helps cold diseases of the head, stomach, liver and belly.

Gerard tells that Rosemary strengthens the brain and memory, dries excess moisture, quickens the senses, and comforts the sinewy parts.

The distilled water sweetens the breath. The flowers, preserved with sugar, “comfort the heart and make it merry.”

It was worn in garlands for the head, set among clothes to guard from moths, and boiled in wine for those troubled by coldness and obstruction.

What We Use Her For

Rosemary brings warmth where there is dullness.

She clears heaviness from the head and lifts the spirits.

A simple tea sharpens the senses on grey mornings.

An infused oil or hair rinse awakens the scalp and stirs circulation.

More than anything, she reminds us that clarity is a kind of heat.

Charm for Rosemary

*When fog sits heavy in the mind,
and winter lingers in the bone,
may warmth return without demand,
and memory find its way home.*

A Receipt for the Stillroom

Rosemary Hair & Scalp Rinse

You Shall Need:

- *A handful fresh rosemary (or 1 tbsp dried)
- *Boiling water
- *A few drops rosemary essential oil (optional)
- *A clean glass spray bottle

The Making Thereof:

1. Pour boiling water over the rosemary and cover.
2. Let steep until fully cooled.
3. Strain well.
4. Add 3-5 drops rosemary essential oil, if desired.
5. Pour into a spray bottle.

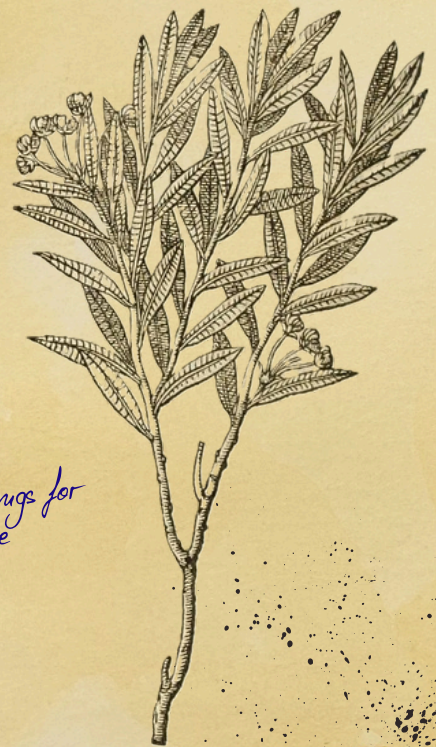
Keep in the fridge for up to one week, or freeze into cubes for later use.

Spray onto the scalp and massage gently.

Let the scent rise like sunlight through branches.

Comforts the brain

*Worn at weddings for
remembrance*



Herb of the Sun

