

Traditional Incense

At The Simmering Cauldron we love incense, particularly the traditional granular incense which is burned on self-igniting charcoal disks. This is the type of incense which is burned for ritual, ceremony and spiritual work and all sorts of blends can be created for different purposes. Recently, we have replenished our stocks from a wonderful company which prides itself on being eco-friendly, stocking only products from sustainable sources. So, in addition to Frankincense and Myrrh resins, which we always carry, available now are;



Benzoin; a beautiful warm, sweet aroma which comforts and brings a sense of well-being

Black Storax; another heavenly, sweet smell which is deeply relaxing and calming, banishing aggression

Copal; a bright, clear fragrance from Central America, much used by the native peoples of that area. It has purification properties and supports mental and spiritual work

Yellow Sandalwood; used worldwide in spiritual practices, this precious wood has a warm, delicate perfume and blends well with Benzoin and Copal.

All of these are available in small bags of single incense, but the joy of this type of incense is in blending. You can experiment with ingredients from your spice rack! Dried herbs such as Rosemary, seeds such as Coriander, bark such as cinnamon, berries like Juniper. The possibilities are endless! The final mix, which should be ground in a pestle and mortar may be moistened with essential oils. The finished incense is best left to 'mature' for a day or two in order to reach its full potency. One of my favourite general purpose blends consists of Frankincense, Lavender flowers and crushed white sage leaves. This can be moistened with Lavender or Frankincense essential oil.

Of course, if you don't feel brave enough to start blending yourself, we do stock a fair range of Starchild blends!

Angela