

PLANT REFERENCE GUIDE



A Practical Manual for
Botanical Properties,
Cultural Context
&
Spatial Influence

By MIND BLOOMING STUDIOS

Dear Guest,

Thank you for joining our Mindful Wreath-Making Experience.

This booklet gathers the energetic and historical properties of every botanical you worked with. Each one holds a story — a lineage of healing and meaning that continues to resonate long after the wreath is complete.

Before you continue, we would love to stay connected. If you'd like to follow our journey and keep up to date with future workshops and events, you can find us on Instagram at @mindbloomingstudios. Your support truly means a lot.

With gratitude,

Ilaria

Mind Blooming Studios

MOSS

Healing & Spiritual Properties

Grounding • Stillness • Patience • Earth Memory

Moss represents quiet endurance. It thrives where other plants cannot — in shade, moisture, and stillness — teaching that growth doesn't always require effort. It absorbs and stores water like a sponge, regulating humidity and cleansing air naturally.

Energetically, moss stabilises high frequencies and grounds nervous energy. It acts as an energetic buffer in spaces that feel overstimulating, restoring calm presence.

Folklore

In Norse and Celtic cultures, moss was associated with protection and home-spirit blessings. It lined cradles and bedding for newborns to ensure longevity and peace. In Japanese garden design, moss became a symbol of patience and time — its slow growth seen as a sign of spiritual maturity.

In Nordic folklore, gathering moss from sacred forests was done in silence, as it was believed to absorb the collector's thoughts and intentions.

History & Fun Facts

Mosses are among Earth's first land plants, dating back over 400 million years. During World War I, sphagnum moss was used as a natural wound dressing for its antiseptic and absorbent qualities — more effective than cotton at the time.

Modern research confirms that moss filters airborne particles and even radiation, acting as a bio-indicator of environmental purity.

How It Shapes the Space

In design, moss is prized for its colour retention, longevity, and texture. In energetic terms, it's the grounding matrix — the living fabric that allows the circle (and the body) to hold light without losing balance.

Moss introduces grounding and depth into a space.

Its soft, earthy texture anchors a composition, adding quiet stability and a sense of natural stillness.



BLUE SPRUCE (Pine Nobilis)



Healing & Spiritual Properties

Grounding • Longevity • Courage • Forest Resilience

Pine strengthens vitality and rebuilds internal stamina. Its aroma increases alertness without tension, making it ideal for environments demanding long focus. Spiritually, it supports perseverance and rooted confidence — the type of strength that holds steady over time rather than burning out quickly.

Folklore

Indigenous tribes burned spruce to restore strength in winter and clear sorrow from a space. In Scottish legend, pine groves were home to ancestral protectors — places people entered seeking courage for difficult seasons.

History & Fun Facts

Pine built bridges, ships and forest lodges because of its incredible strength-to-weight ratio. Early foresters planted entire generations of spruce as a contribution to the future — architecture grown from the land, not built upon it. Resin from this plant was once used to waterproof tools, tents and leather.

How It Shapes the Space

Pine grounds the lower energetic field while expanding the chest — the room feels steadier, more anchored, less scattered. In workspaces with deadlines or high mental load, it prevents cognitive fragmentation and supports slow sustainable output.

In offices, it helps teams remain focused through long build phases. Outdoors, pine stabilises the land around architecture — holding tone, continuity and structural coherence like a green pillar of endurance.

PINE KIEFER (*Pinus sylvestris*)

Healing & Spiritual Properties

Purification • Vital Energy • Mental Clarity

- Anchored Calm

Pine Kiefer releases a high concentration of phytoncides known to support respiratory ease, boost alertness, and gently elevate mood. Its scent clears stagnation, creating space for sharper focus and renewed vitality.

Spiritually, Pine is linked to inner strength and the ability to reset and it embodies the energy of endurance.

Often associated with the breath and the solar plexus, Pine supports clarity, confidence, and energetic cleansing, making it ideal for creative studios, workspaces, and any environment requiring both lightness and stability.

Folklore

Across Northern Europe, Pine was seen as a guardian tree — believed to protect travellers, homes, and sacred grounds. Its evergreen nature symbolised continuity and spiritual fortitude through harsh winters.

In old Germanic folklore, Pine forests were considered places of renewal, where one could “shed the old air” and reclaim vitality.

Healers burned pine resin to dispel illness and stagnant energy, while mountain villagers hung pine branches at entrances to invite clarity and keep away emotional heaviness.

History & Fun Facts

Pine Kiefer has long been used in traditional medicine for its antiseptic and respiratory benefits.

Pine needles were historically brewed into vitamin-rich teas for sailors to prevent scurvy, and the resin was used as a natural preservative and healing salve.

How it Shapes the Space

Pine Kiefer introduces brightness and oxygen-rich clarity into a room. It lifts the atmosphere, dissolving heaviness and mental clutter, making spaces feel more open, breathable, and energised.

It adds a crisp, fresh movement that supports alertness without overstimulation — ideal for workshops, brainstorming rooms, or any setting that benefits from renewed focus.



CONIFER (Conifer Arizona)

Healing & Spiritual Properties

Protection • Stillness • Boundary • Awareness

Cypress brings the nervous system into a state of composed awareness, helping people hold themselves together through transition, change or grief. Its presence encourages deep breathing, grounded reflection and a sense of continuity when life feels unstable.

Spiritually, Cypress supports transition and closure. It helps maintain inner clarity during change and prevents emotional overwhelm. It strengthens energetic boundaries, keeps thoughts organised, and stabilises the sense of self when life shifts.

Folklore

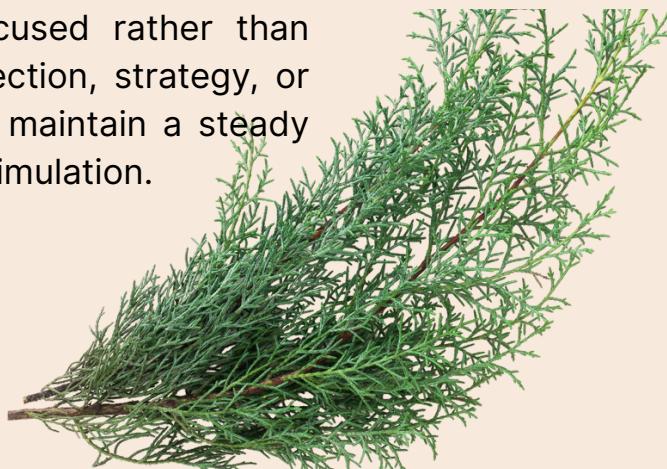
In ancient Greece and Rome, Cypress marked sacred ground and framed the approach to temples. The tree defined threshold — ordinary life on one side, ritual or contemplation on the other. Italian monastery paths often used rows of Cypress as an entry sequence into silence and attention. In Persian culture, Cypress was associated with continuity of awareness, as the tree remains evergreen and does not lose form seasonally.

History & Fun Facts

Cypress wood stored sacred texts and stringed instruments. The timber offered resistance to insects, moisture, and rot, supporting long-term preservation. Mediterranean landscapes still use Cypress in environmental architecture; the tree holds shape under drought, wind exposure, and thin soil conditions. Long vertical structure remains consistent year-round, which makes it reliable for design that requires clear line and height with minimal change in form.

How it Shapes the Space

In exterior design, rows of Cypress work well for pathways, entrances, borders, and quiet zones — they guide walking flow and reduce visual noise. Indoors, Cypress (fresh or dried branches) supports concentration and emotional containment. It reduces the sense of scattered energy in a room and keeps the atmosphere focused rather than diffuse. In spaces used for reflection, strategy, or decision-making, Cypress helps maintain a steady mental pace and prevents overstimulation.



EUCALYPTUS



Healing & Spiritual Properties

Clarity • Breath • Mental Clearing • Emotional Oxygen

Eucalyptus Nicholii purifies both physical and subtle atmosphere. Its oils open the lungs, clear breathing pathways and dissolve mental fog. Spiritually, it supports renewal and upward movement — helping the mind step back, observe and respond rather than react. It aligns closely with the throat chakra, encouraging honest expression and clean communication.

Folklore

Aboriginal peoples burned eucalyptus leaves to lift heavy energy during gatherings, conflict resolution or healing rituals.

Bundles at doorways served as protection against negative influence — symbolic ventilation of both home and spirit.

In Greek and Roman traditions that adopted imported varieties later, eucalyptus was linked to purification and renewal; its smoke was used in temples to drive out illness and negative energy.

History & Fun Facts

Victorian hospitals placed eucalyptus at patient bedsides to disinfect the air — a precursor to modern clinical ventilation. During wartime shortages, eucalyptus oil substituted for antiseptics. Today Nicholii is valued in perfumery for its uniquely long atmospheric diffusion.

How it Shapes the Space

Eucalyptus refreshes interiors by clearing stagnant air and supporting deeper breathing. It helps reduce internal pressure and supports clearer thinking in studios, therapy rooms, and focused workspaces.

Energetically, eucalyptus is highly effective in high-traffic zones where energetic buildup occurs quickly. Outdoors, it encourages airflow and brings a sense of movement and revitalisation to the landscape.

ROSEMARY (*Rosmarinus officinalis*)

Healing & Spiritual Properties

Memory • Purification • Focus • Vital Energy

Rosemary sharpens perception and strengthens the body's energetic boundaries. Its essential oils stimulate circulation, clear mental fog, and boost alertness. It does the same for the spirit: re-energising thought, memory, and willpower.

Used consciously, it bridges clarity and action — turning insight into follow-through. It supports manifestation through focus: remembering what matters and acting with precision.

Folklore

In ancient Greece, scholars wore rosemary garlands while studying, believing it improved recall. Romans used it in rituals of remembrance and purification. Through the Middle Ages, it was burned in homes to ward off disease and negative spirits; brides carried it to symbolise loyalty, and mourners laid it on coffins to honour memory.



In folk medicine, it was called the "Herb of Remembrance," connecting the living to their lineage and the wisdom of ancestors.

History & Fun Facts

Rosemary appears in the oldest European distillation records; its extract formed the base of "Hungary Water," the first alcohol-based perfume and tonic in the 14th century.

Early apothecaries used it for wound care and to sanitise hospitals long before germ theory. Modern research confirms that inhaling rosemary essential oil enhances cognitive performance and lowers stress hormones.

How it Shapes the Space

Rosemary strengthens the cognitive environment of a space. Its scent enhances alertness, memory, and mental organisation, making it ideal for offices, study areas, workshops, and rooms where planning or problem-solving take place.

Energetically, it supports environments that benefit from a sense of purpose and forward movement. Outdoors, rosemary thrives in sunlit areas and contributes clarity and warmth to the overall landscape experience.

MYRTLE (*Myrtus communis*)

Healing & Spiritual Properties

Clarity • Harmony • Emotional Balance • Sacred Calm

Myrtle carries a gently clarifying energy that steadies the nervous system and softens emotional noise. Traditionally valued for its subtle antiseptic and respiratory-supporting properties, its aroma promotes a calm, balanced state without sedation.

Spiritually, Myrtle is associated with purification of the heart and mind. It supports coherence — the feeling of inner alignment that allows emotions and thoughts to move together with ease.

Its energy is quiet yet uplifting, making it ideal for spaces where presence, attentiveness, and relational harmony are essential.

Folklore

In Mediterranean cultures, Myrtle was considered a sacred plant of peace, love, and unity. It was often woven into wedding crowns and ceremonial garlands to bless unions with balance and longevity.

Ancient Greeks associated Myrtle with Aphrodite, symbolising not passion, but harmony between desire and devotion.

History & Fun Facts

Myrtle has been used since antiquity in herbal preparations for cleansing and respiratory wellbeing.

In ancient Rome, judges wore Myrtle wreaths as a symbol of fair judgment and calm authority.

Its evergreen leaves made it a symbol of continuity and peace, often planted near temples and public gathering spaces.



How it Shapes the Space

Myrtle introduces a sense of quiet order into a space. Its fine leaves and soft berries create visual rhythm without dominance, supporting environments that benefit from clarity and mutual respect.

It harmonises group energy, making it especially effective in shared spaces, studios, and meeting rooms where communication matters.

Myrtle gently stabilises emotional tone, helping a room feel composed, welcoming, and internally balanced.

ROSE HIP (Rosa Canina)

Healing & Spiritual Properties

Renewal • Integration • Heart Vitality • Soft Strength

Rosehip carries the frequency of transformation completed. It appears only after the rose has bloomed, symbolising the maturation of beauty into nourishment and wisdom.

Rich in vitamin C, carotenoids, and antioxidants, it supports physical regeneration, immune resilience, and tissue repair.

Energetically, Rosehip works with the heart field — not to evoke emotion, but to stabilise it.



It represents the stage after release, when softness becomes strength and clarity is reclaimed.

It encourages gentle integration, making it ideal for spaces focused on healing, reflection, or creative processing.

Folklore

In European folklore, Rosehip was considered a talisman for endurance through winter. Villagers hung garlands of rose berries by their doors to protect the home and ensure vitality during the darker months.

Medieval herbalists believed Rosehip carried the “memory of the rose,” meaning its power remained even after the petals had fallen — a symbol of inner beauty persisting beyond external cycles.

In Norse tradition, Rosehip teas were brewed for warriors returning from travel to restore strength and life force.

History & Fun Facts

Rosehip was used in ancient Greece and by Roman physicians as one of the most potent natural sources of vitamin C.

During World War II in the UK, rosehip syrup became a national remedy when citrus imports were scarce — valued for immunity, skin health, and vitality.

Gardeners historically saw the rosehip harvest as a sign of the land’s fertility and the successful completion of a growth cycle.

How it Shapes the Space

In emotional terms, Rosehip stabilises the mood of a room. It uplifts while grounding, offering a sense of quiet optimism.

Placed within wreaths or arrangements, it symbolises the culmination of a journey and the nourishment that follows transformation.

Outdoors, Rosehip hedges were traditionally planted for protection and to support biodiversity, echoing its role as a guardian of vitality.

LAVENDER (*Lavandula angustifolia*)

Healing & Spiritual Properties

Calming • Emotional Regulation • Restorative Nervous System Support • Softening of Tension

Lavender is one of the most researched calming botanicals. It supports the parasympathetic nervous system, helping the body shift out of stress-response and into recovery. People experience lowered heart rate, reduced muscle tension, and improved sleep depth. It eases agitation, irritability, and accumulated stress.

This plant supports gentle openness rather than collapse — the mind remains clear, but less reactive.

Folklore

Lavender was traditionally placed under pillows to support uninterrupted sleep and was commonly burned or infused into rooms where conflict, illness, or agitation had been present. In Mediterranean folk practice, Lavender signified a household that prioritised peace.

Communities also used Lavender in ceremonies involving new beginnings, as it was believed to clean the emotional residue of previous experiences. The scent carried a reputation for clearing the air reducing tension between people.

History & Fun Facts

Lavender was one of the earliest recorded herbs used for anxiety, insomnia, and nervous agitation. Egyptian embalming included Lavender oil for its cleansing properties. Romans used it in baths and wound care, and medieval apothecaries prescribed Lavender for sleeplessness and emotional unrest.

During historical plague outbreaks, Lavender was carried as a protective aromatic against contamination and panic. In modern clinical contexts, Lavender remains one of few essential oils consistently linked to measurable calming outcomes in sleep quality and stress reduction research. Its stability and predictable effect led to widespread cultural adoption.



How it Shapes the Space

Lavender suits bedrooms, wellness rooms, therapy spaces, break areas, or anywhere recovery needs to happen. It helps shift the body into rest-state quickly and maintains emotional clarity without sedation.

In exteriors, Lavender near entry paths or seating spaces increases comfort and reduces anticipatory anxiety before entering a building. People arrive calmer, more regulated, and easier to engage with — useful for clinics, spas, hotels, meditation studios, and recovery-oriented gardens.

ORANGE (*Citrus sinensis*)

Healing & Spiritual Properties

Joy • Vitality • Upliftment • Creativity

Orange carries the energy of sunlight in plant form. Its peel is rich in compounds proven to elevate mood, reduce anxiety, and cleanse air naturally. The scent stimulates serotonin and dopamine activity, which helps the body release heaviness and reawaken enthusiasm.

Energetically, it activates the sacral and solar plexus centres — the zones of creativity and action.

Energy Signature

Solar, bright, activating. Balances emotional heaviness with vitality; helps energy flow from rest to creation.

Folklore

In ancient China, oranges were given during the New Year as symbols of prosperity and good fortune — the golden fruit representing the return of the sun. In Mediterranean cultures, oranges were sacred to the goddess Hera, who was said to have received golden apples (or oranges) as a wedding gift symbolising eternal love and fertility.

In European Christmas tradition, oranges became offerings of light — small suns exchanged as gifts to remind families of abundance through the dark season. Hanging dried orange slices in windows was believed to attract wealth and brighten stagnant spaces.

History & Fun Facts

Orange essential oil was historically used to uplift mood and disinfect rooms — a practice validated by modern studies showing its antibacterial and antidepressant properties.

Oranges natural citrus oils continue to diffuse long after drying, creating an atmosphere that feels both joyful and alive — the essence of manifestation in motion.



CINNAMON (Cinnamomum verum / zeylanicum)



Healing & Spiritual Properties

Warmth • Vitality • Protection •
Abundance

Cinnamon activates circulation — both physically and energetically. Its essential oil is rich in cinnamaldehyde, which increases blood flow, boosts mood, and supports immune function. Energetically, it stimulates the body's inner fire, awakening motivation and creative drive.

It's often used in abundance rituals because its warmth expands the energetic field, amplifying attraction and focus.

Energy Signature

Fire element; stimulating, magnetic, expansive. Encourages enthusiasm, passion, and manifestation through movement.

Folklore

Cinnamon was one of the most revered substances in ancient civilizations. In Egypt, it was part of the sacred embalming mix used for pharaohs, believed to preserve the soul's purity through fire. In Rome, it was burned in temples to honour Venus and to attract prosperity.

Arab traders in the first millennium told elaborate myths about its origins — claiming it grew in nests guarded by giant birds — to protect its source and maintain its high value. In medieval Europe, it was a status symbol, used in festive foods to signify wealth and divine favour.

History & Fun Facts

Cinnamon is among the oldest traded spices in human history — found in Egyptian tombs over 4,000 years old. It was once worth more than gold and was carried along ancient spice routes from Sri Lanka and India to the Mediterranean.

Modern science confirms many of its historical uses: it's antibacterial, antiviral, and improves insulin sensitivity.

We would truly appreciate hearing about your experience.

If you can spare two minutes, please complete our short survey — your feedback helps us grow with greater care and intention.

<https://form.typeform.com/to/o7bnIUIz>

Thank you for being part of this moment with us.