

Vanilla (Vanilla planifolia)

Other names: Caxixanath, Bourbon vanilla, Madagascan vanilla, Vanilla Tahitensis, Vanilla Pompona

Origin: Central and South America, Madagascar

Element: Water

Gender: Feminine

Planet: Venus

Zodiac: Taurus

Deities: Aphrodite, Venus, Persephone



Magical Uses: Love, Prosperity, Peace, Tranquillity, Abundance, Luck, Sex, Happiness, Energy, Friendship, Dreams, Creativity

Caxixanath - 'mysterious flower' is the Maya name for the sacred Vanilla vine. Vanilla is a climbing orchid species, native to the rainforests of Central America. It drapes itself around its host tree in a hugging embrace. The flowers, which only remain open for 24 hours, are fertilised by a tiny species of hummingbird and by the stingless Mexican bee. The ensuing pod is not actually fragrant until it is fermented, which can take up to six months after they are picked. The Mayas have always regarded the rich, sensuously alluring aroma as an aphrodisiac and used it as a stimulating perfume.

- A vanilla bean can be carried in a mojo bag to increase energy and strengthen mental clarity.
- Vanilla added to a bowl of sugar will infuse it with love – this sugar can then be used to sweeten love potions and infusions. Store this vanilla-sugar mixture in a clear glass jar to attract happiness and peace into your home. You can even use the mixture as a body scrub to fuel you with positivity, happiness and self-love.
- Vanilla is most commonly used in love potions and spells due to its seductive nature.
- Burn vanilla incense for love, lust, healing, luck and peace magic.
- Soak a piece of cotton in vanilla extract or oil and keep it where you keep your money to attract more!
- Combine vanilla with cinnamon oil and use to dress a green candle – this will attract boost any prosperity and abundance spells.
- Vanilla and cinnamon are a potent combination for both love and money spells.

Medicinal Uses:

- Rich in antioxidants
- Promotes healthy hair growth and may slow down hair loss
- Anti-inflammatory- Can help to fight acne as it can target the underlying infection in the skin while also increasing blood circulation to help skin heal faster.
- Antacid- Can help with indigestion, nausea and other stomach issues as it gently neutralises stomach acid.
- Calming and soothing, the scent of vanilla can help ease anxiety.