

# *The Essence of* **LEO SEASON**

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Even if you aren't a **Leo**, we **all** experience the effect of the **current astro season** in the same way we all experience the **summer heat.**

**Leo** corresponds to the element of **fire**, which is **warm**, **passionate**, and **radiant.**

# *LEO SEASON*

## Flower Essence



***Water balances fire.***

Because **water**  
**balances Leo**, it's the  
perfect time to make a  
**flower essence.**

**Infuse** a bowl of water  
with flowers from a  
cooling plant, then  
**strain** and **preserve**  
in alcohol, glycerite, or  
vinegar at 50:50 ratio.



# *LEO SEASON*

## Water Herbs



### **Cooling Plants**

*to balance fire energy*

**Marshmallow,**

*Althaea officinalis*

**Honeysuckle**

*Lonicera spp.*

**Sweet Violet**

*Viola odorata*

**Chickweed**

*Stellaria media*

*@heifersandhoneybees*