



Smudging Set

SWEET MEDICINE SHOP

Smudging is an ancient practice used for centuries to cleanse and clear energy. There are many ways to smudge, but the most common method is to light a smudge stick. Carry the smudge stick with a shell or fireproof container below to catch the ash. Extinguish the smudge stick in a bowl of sand or dirt, and allow it to cool completely before discarding it. This kit includes everything you need to start, including smudge sticks, a feather, and an abalone shell. Enjoy the beautiful variety of smells, the fresh aromas, and the exploration of aromatics.



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