

## HEX & HEAL

# JULY

### JULY MOON PHASES



*New Moon in Cancer:*  
emotional renewal

*Full Moon in Capricorn:*  
ambition, boundaries

### SPELL OF THE MONTH

Lemon Confidence  
Charm

### HERBS & CRYSTALS

Lavender Rose  
Mint Chamomile  
Sunflower Citrine  
Moonstone  
Black Tourmaline

### JOURNAL PROMPTS

What are my hopes and  
dreams for the future?

How can I embrace my  
shadow and grow?



ROSE

LAVENDER



MINT

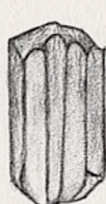
CHAMOMILE



SUNFLOWER



CITRINE



BLACK TOURMALINE

