

# Water Element Herbs

## Water Element Symbolizes

PURIFICATION, CLEANSING, REBIRTH, HEALING,  
FEMININE ENERGY, RELAXATION ABSORPTION OF  
NEGATIVE ENERGY/PROTECTION, FLUIDITY

APPLE/APPLE BLOSSOM CHERRY  
LEMON BALM COMFREY CATNIP  
ROSE THYME ELDER  
EUCALYPTUS KAVA-KAVA  
POPPY SKULLCAP YARROW



Not Technically herbs but are  
very easy to add into water:

CUCUMBER

LEMON

POMEGRANATE

[find out more here](#)

