Love Without Tension

A Bath Spell to Heal Relationships

Even the strongest relationships collect emotional residue—small hurts, miscommunications, and moments left unsaid. This heart-centered bath spell, known as the Love Bath, clears stagnant emotions and renews connection.

Gather these spell ingredients before beginning:

* Pink Female Image Candle
* Pink Male Image Candle
* Peace Oil
* Mason jar
* Honey
* Small piece of paper
* Peace Big Al Bath & Floor Wash
* Lighter or matches

Begin by writing down seven things you love about your partner. Fold the paper and place it inside a mason jar. Pour honey over it to seal sweetness into your connection.

Anoint each image candle with Peace Oil. If your relationship does not follow traditional male-female energy, choose candles that resonate with your unique bond.

Place the honey jar and candles near your bathtub. Fill the tub with warm water and add Peace Big Al Bath & Floor Wash. As you pour it in, say:

**This represents my ability**

**to sustain and nurture a love relationship.**

Light the candles and enter the bath. Soak for at least 30 minutes. Let the water wash away resentment, tension, or fear. Focus on what you love, and what you wish to deepen.

Do not towel dry—let your body air dry as a symbol of renewal. Keep the candles and honey jar in a quiet space, returning to them when you need to rekindle patience, kindness, and connection.