**Put Someone In The Freezer**

\*Take the item representing the person and place it in a Ziploc bag or seal it in aluminum foil.

\*You might want to add a pinch of vervain to the package to make [the spell] go."

\*Place the package in the farthest corner of your freezer where you will not see it and dwell on the situation every time you open the freezer door.

\*Slam the freezer door and say, "**Chill Out!"**

Another variation of this that I have read somewhere is to fill a plastic container halfway with water and allow it to freeze. Then, place the item on top of the ice and fill the container to the top. Return the container to the freezer. With this, the person is frozen (figuratively) in the middle of a block of ice.