

FOUR THIEVES VINEGAR

2 quarts Apple Cider Vinegar
2 tbsp Lavender
2 tbsp Rosemary
2 tbsp Sage
2 tbsp Wormwood
2 tbsp Rue
2 tbsp Mint

The herbs can be fresh, powdered or whole. Please understand and make sure that you know this is absolutely not for drinking. Wormwood can kill a person. Put the herbs in the vinegar. Shake well. Let it sit in the sun for two weeks. Open. Drop in six cloves of garlic. Cap it. Shake well. Let sit in the sun for one week. Strain. Pour into bottles or jar. Seal with wax or add glycerin to preserve it.

Source: Malcolm Mills "The Ultimate Potionbook"

FOUR THIEVES VINEGAR

Mix a gallon of cider vinegar. Add a handful of each of the following:

Rosemary
Wormwood
Lavender
Rue
Sage
Mint

Then add one ounce camphor gum.

Tightly close the container and place in a pan of water and heat until the water begins to boil. Always shake this mixture before heating... head daily for 4 days. Strain herbs from the liquid, bottle and keep tightly closed.

Source: Malcolm Mills "The Ultimate Potionbook"

FOUR THIEVES VINEGAR

High John
Vetavert
Adam and Eve
Lo John or Black Pepper Base
Red Wine Vinegar

Is alleged to drive enemies from your door.

Source: Herman Slater “Magickal Formulary Spellbook – Book 1”

FOUR THIEVES VINEGAR

1 part lavender, dried
1 part sage, dried
1 part thyme, dried
1 part lemon balm (melissa), dried
1 part hyssop, dried
1 part peppermint, dried
1 handful garlic cloves
Raw (unpasteurized), organic apple cider vinegar

- In a glass jar, place all dry ingredients.
- Add raw (unpasteurized), organic apple cider vinegar to cover
- Place jar in a cool place and let sit, at room temperature, for six weeks.
- Strain off herbs and garlic, and decant to a glass bottle or jar with a tight fitting lid.

HOW TO USE FOUR THIEVES VINEGAR

- Take a teaspoonful several times daily.
- Add to salads either directly or in a salad dressing.
- For personal protection, add a teaspoonful to bath water.
- Use as a topical spray for disinfecting surfaces and/or skin

ALTERNATIVE FOUR THIEVES VINEGAR

wormwood
meadowsweet
juniper berries
rosemary
camphor
sage
cinnamon
cloves
white wine vinegar

<http://prettysmartnaturalideas.wordpress.com/2007/12/11/four-thieves-vinegar-oil-recipes/>

Here is the recipe stated to be the original:

Original Recipe for Four Thieves Formula

3 pints	white wine vinegar
handful	wormwood
handful	meadowsweet
handful	juniper berries
handful	wild marjoram
handful	sage
50	cloves
2 oz.	elecampane root
2 oz.	angelica
2 oz.	rosemary
2 oz.	horehound
3 g	camphor

Dr. Valnet has a variation of his own described as an antiseptic vinegar:

Marseilles Vinegar or Four Thieves Vinegar

40 g.	greater wormwood, <i>Artemesia absinthum</i>
40 g.	lesser wormwood, <i>Artemesia pontica</i>
40 g.	rosemary
40 g.	sage
40 g.	mint
40 g.	rue
40 g.	lavender
5 g.	calamus
5 g.	cinnamon
5 g.	clove
5 g.	nutmeg
5 g.	garlic
10 g.	camphor (do not use synthetic camphor)
40 g.	crystallized acetic acid
2500 g.	white vinegar

Instructions: steep the plants in the vinegar for 10 days. Force through a sieve. Add the camphor dissolved in the acetic acid, filter.

Valnet says this remedy, i.e., his formula is useful in the prevention of infectious diseases. He says to rub it on the face and hands and burn it in the room. It can also be kept in small bottles that are carried on the person so that the vapors can be inhaled.

Dr. John Christopher Plague Formula

8 parts	apple cider vinegar
5 parts	glycerine U.S.P.
5 parts	honey
2 parts	garlic juice, fresh
2 parts	comfrey root concentrate*
1 part	wormwood concentrate
1 part	lobelia leaf and/or seed concentrate
1 part	marshmallow root concentrate
1 part	oak bark concentrate
1 part	black walnut bark concentrate
1 part	mullein leaf concentrate
1 part	skullcap leaf concentrate
1 part	uva ursi, hydrangea, or gravel root concentrate

Mix the ingredients well!

*Due to new restrictions on comfrey for internal use, it is suggested that slippery elm be substituted for this ingredient.

How to make the concentrates:

Each concentrate should be made individually. Start by soaking the herb for four hours or more in enough distilled water to cover it completely. After soaking, add more distilled water so that the total added equals 16 oz. (.5 liter) water per 4 oz. (113 grams) herb. Use a multiple of these amounts for a larger quantity of formula. Using these amounts approximately one gallon (3.75 liters) of the formula will be produced.

After adding the appropriate amount of distilled water to the soaked herb, simmer the herb on very low heat in a covered pan or double boiler for thirty minutes. Then strain the liquid into a clean pan. Put the liquid into a double boiler or on very low heat (uncovered) and simmer (steam) it down to one fourth of the original volume (4 oz. 1256 ml). Only after all ingredients have been prepared should the liquids be mixed.

Do not use aluminum, Teflon, or cracked porcelain. Glass, corning ware or stainless steel or whole porcelain are best.

Dosage: 1 tsp. 3 times a day; or 1 tablespoon every 1/2 hour if infected.

Here is another version, much simpler to make, offered by one of my colleagues, Karen Vaughn, Licensed Acupuncturist and Herbalist.

1 pint	unpasteurized apple cider vinegar
5 drops	rosemary oil
5 drops	oregano oil
5 drops	lavender oil
5 drops	sage oil
5 drops	peppermint oil

5 drops	clove oil
4 drops	lemon oil
3 drops	black pepper oil
1 drop	capsicum oil
1 head	garlic finely diced
3 oz	ginger finely sliced
4 oz	echinacea tincture

http://www.kitchendoctor.com/essays/four_thieves.php

Vinegar of the Four Thieves

Natural antiseptics can be made at home instead of buying commercial disinfectants that we are now finding out may cause drug resistance.

Place a small handful each of dried lavender, rosemary, sage, rue and mint in a large jar, and cover completely with organic apple cider vinegar. Cover tightly and set for six weeks. Strain into a spray bottle. Whereas no home can be made to be sterile, spray the powerfully antiseptic Vinegar of Four Thieves recipe in areas of concern, such as on cutting boards and door knobs, always making sure to avoid your eyes.

<http://www.care2.com/greenliving/vinegar-of-the-four-thieves.html>

Herbal Mixes: The Vinegar of the Four Thieves

Recipe

- 2 tablespoons [Rosemary](#)
- 2 tablespoons [Sage](#)
- 2 tablespoons [Lavender](#)
- 2 tablespoons [Wormwood](#)
- 2 tablespoons [Peppermint](#)
- 2 tablespoons fresh, chopped garlic
- 2 quarts of apple cider vinegar

Directions

Combine 12 tablespoons of the premixed herbs and 2 quarts of vinegar in a sealed glass jar, and steep in a cool, dark place for 2 weeks or so, shaking daily. Then, strain out the used herbs, and retain the herbal liquid mixture.

Add several cloves of crushed garlic, and close lid. Let soak for three days, and strain out the garlic fiber and discard.

This liquid tincture needs to be stored in a cool place, like the refrigerator. It can be preserved for a very long period of time by canning. To do so, fill canning jars with boiling liquid tincture to within

one-half inch of top. Cap with rubber seal canning lid, tighten ring, and turn hot jar upside down; leave it undisturbed until it cools to room temperature. This will cause the jar to seal. Don't forget to date and label it.

From our Reading and/or Experience...

- This is for external use ONLY. DO NOT use it internally.
- DO NOT use on broken skin.
- The Vinegar of the Four Thieves can be used to benefit anyone: men, women (including before, during or after pregnancy, and while nursing), children and animals.
- It can be used as often as you would like, and in any external application you choose.
- Storage is not a critical issue with this herb mixture. However, we keep ours in a dark, dry and cool place (refrigerator is very good).

<http://www.bulkherbstore.com/The-Vinegar-Of-The-Four-Thieves>

Making Four Thieves Herbal Vinegar

If you plan to use this vinegar for cleaning only, you can use white vinegar. If you plan to use it internally as well as for cleaning, cider vinegar (preferably raw, unfiltered with the mother but any cider vinegar will do) is a better choice.

This recipe is made assuming you'll be using either all dried or all fresh herbs. If you will be using some dried and some fresh, adjust the proportions accordingly.

- apple cider vinegar or white vinegar, enough to cover all your plant material
- 1 part lavender flowers
- 1 part sage leaves
- 1 part rosemary leaves
- 1 part mugwort aerial parts



Procedure for Making Four Thieves Herbal Vinegar

1. Blend your herbs and pour them into a glass container such as a wide-mouth canning jar.
2. Add enough vinegar to cover your blend completely. (If you're using dried herbs, you may need to add a little extra because the dried herbs will expand as they rehydrate.)
3. Cover the jar and let the mixture stand at room temperature for six weeks.
4. After the mixture has finished infusing, strain the herbs out of the vinegar and store the vinegar in an appropriate container.

Storage and Use of Four Thieves Herbal Vinegar

Label and store your Four Thieves Vinegar in a colored glass container to protect it from the deteriorating effects of sunlight.

Dilute Four Thieves vinegar with five parts water before using it. You can use it as a spray or a wash for disinfecting surfaces. It's wonderful for all kinds of house cleaning.

For first aid use, you can use Four Thieves vinegar to disinfect wounds, rashes, and skin in general. Do not put vinegar in your eyes. Just as with household cleaning applications, you will want to dilute it with four parts water before using it externally.

Four Thieves vinegar is edible and can be taken as a "spoonful a day" medicine or added to olive or coconut oil as salad dressing. It's tasty and provides support to the immune system.

Other herbs you can use as substitutes include:

- thyme
- lemon balm

You can also add a handful of garlic cloves or cayenne peppers if you don't mind their scent.

<http://www.thepracticalherbalist.com/recipes/household/100-four-thieves-vinegar-recipe.html>

Recipe for the Four Thieves' Vinegar

You will make three herbal extractions and then combine them for a mixture that can be used internally or externally.

Extraction One:

Pour 1 quart of apple cider vinegar into a glass jar. Separate and crush the cloves of 2 bulbs of garlic and place in the vinegar. Steep for 2 to 3 days in a warm place. Strain.

Extraction Two:

Bring 3 cups of water to a boil. Add 1 heaping tablespoon of each of the following—Juniper berries, Echinacea, and Pau D'Arco. Lower the temperature to a simmer and simmer for 20 to 30 minutes. Strain.

Extraction Three:

Place 1 heaping teaspoon of the following herbs in a saucepan—sage, lavender, thyme, rosemary, elder flowers or berries, peppermint, and catnip. Pour 8 cups of boiling water over the herbs and cover. Let steep for 10 to 15 minutes and strain.

Combine all 3 herbal liquids and seal in quart jars.

Use 1 tablespoon of the vinegar in 1 cup of apple juice or water. Sweeten with honey if desired. Take 4 to 8 times per day when sick or once per week when well as a preventative.

<http://www.aftadeath.com/2011/01/four-thieves'-vinegar-recipe/>

Four Thieves Vinegar Recipe

This is an easy recipe and all the ingredients I use are edible. While there are many recipes with additional ingredients I chose to use only ingredients that I could put internally in my body in addition to using topically.

This recipe came from the story about the four thieves who plundered graves of those who died from the plague in France during the 1720's. In order to keep from getting the plague they bathed in what is now called Four Thieves Vinegar. When asked how they were protecting themselves these are the main ingredients they used to keep from getting sick.

All of the ingredients of this mixture have antibiotic properties and so it is likely that this did provide some protection for the thieves.

2 Cups of apple cider with Mother (white vinegar can be used also)

4 Tbsp. dried lavender flowers

4 Tbsp. dried rosemary

4 Tbsp. dried thyme

4 Tbsp. dried sage

4 Tbsp. dried peppermint

Optional: 4-8 Garlic cloves (smash to get enzymes activated)

Special note: If you are using fresh herbs from your garden, triple the amount specified in the recipe.

Combine all the ingredients and seal tightly in a **glass** jar. Place the jar in a warm, dark cupboard for 4-6 weeks, shaking occasionally. Strain. Only store in glass containers.

How to Use Four Thieves Vinegar

This mixture can be cut with equal parts water, and decanted into a spray bottle. Great use as a topical disinfectant around pet feeding areas, countertops, and other washable surfaces especially near where children play.

Drink some on an empty stomach in the morning; approx. 1 tsp.

Use it as a salad dressing

Add a spoonful to your bath water for personal protection

[http://www.robin-grant.com/Recipes/Four Thieves Vinegar Recipe.pdf](http://www.robin-grant.com/Recipes/Four%20Thieves%20Vinegar%20Recipe.pdf)

FOUR THIEVES WINE -- FOUR THIEVES VINEGAR

This formula dates from the fifteenth century, when it was developed as a healing formula. As an inoculation against epidemic diseases it actually works. Its use in magic came about much later, as with many other substances it became useful in the magical arts.

While the Bubonic plague raged through southern France in the 1450s the number of bodies so overwhelmed the grave diggers that they called upon the municipal authorities for assistance. Four thieves who had been jailed together were released on the condition that they assist in burying the dead. They agreed, and served so well at their gruesome task that they were later pardoned on the condition that they left town.

One of the magistrates asked them how they had managed to appear to remain so healthy, even though they have been burying those who had died of the plague. They told him the secret of the four thieves vinegar, which was made from bottles of

cheep wine, which begins to turn to vinegar in a few days if left opened. They filled the wine bottles with garlic, and allowed it to stand for a while, and then drank a wineglass (2 Oz) with every meal. They continued this for a bit over the three or four months that they had been engaged in burying the dead.

Four Thieves Vinegar is made in the following way: Burgundy (red) wine is divided between two bottles, and both bottles are filled with peeled, and occasionally crushed, garlic cloves. The bottles are placed in the refrigerator or spring house for a week. Then two ounces of the wine (possibly on the way to becoming vinegar) are taken twice or three times a day. During the 1917 flu epidemic my grandfather used it on all his family, beginning as soon as he heard of the epidemic. None of the family became ill, although the neighbors on both sides of them had deaths in their families.

My father gave it to me every summer, when the Polio epidemic was raging around us. I was never ill from that or any of the other epidemic diseases of the time. In fact, our house was never quarantined, but four thieves vinegar was on our menu from the time we were children.

In magic it is used for getting rid of people. It works there as well. I have also used it for protection, when I thought malochia was in the offing. I put about two ounces in a bath, soaking for about five minutes in the tub. I use it when I suspect that I am about to see a particularly evil minded client. It has a variety of other uses, in both magic and healing, as well.

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FOUR THIEVES VINEGAR OZARKS VARIANT

Thanks, John.

The major difference between our recipes for Four Thieves Vinegar is that i have been told that it must have four spices in it, one for each thief -- the four additives being

- garlic (crushed or whole),
- red pepper (crushed),
- black peppercorns (whole), and
- black mustard seed (whole).

Also, in the Ozarks, i was taught to make it with apple cider vinegar, not red wine vinegar. This is probably a regional variant based on the fact that wine vinegar is uncommon in the Ozarks. In California, we have plenty of red wine vinegar and i like that much better as a base; however, either way, it tastes great!

In addition to providing personal protection from disease and magical attack, Four Thieves Vinegar is used to send away unwanted people or to make a family quarrel and fall out among themselves. It can be sprinkled or dashed against an enemy's doorsteps, but it can also be served to an enemy family as a condiment, which to me justifies the "thieves" part of the name -- it is a sneaky way to protect yourself while you get them out of your life.

For an entire page on Four Thieves Vinegar, go to
<http://www.luckymojo.com/fourthievesvinegar.html>

catherine yronwode (cat@luckymojo.com)

<http://www.luckymojo.com/esoteric/occultism/magic/spells/recipes.html>

Barbara Griffith (Barbara.Griffith@Colorado.edu) presents a variation of the formula which she says is "from a 1965 reprint of an old Southern cookbook, "Housekeeping in Old Virginia," originally published 1879."

Says Barbara, "In the chapter on the sick room, the following recipe is given for 'Thieves Vinegar.' No instructions were given as to its use - you were supposed to know:

'A handful of sage and the same of mint, tansy, rue, rosemary, lavender, and thyme; one ounce of camphor. Put in demijohn, and fill with good vinegar. Set in the sun two weeks with a piece of leather over the mouth, and then stop nightly. - Mrs. D. R.'

That is a wonderful variation, and again demonstrates the antiquity of this recipe. However, because it includes Rue and Camphor, the "Old Virginia" version would not be suitable to use as a salad dressing, but would make an excellent body-wash and rub-down in the sick-room.

<http://www.luckymojo.com/fourthievesvinegar.html>