

The background image shows a person's hands, wearing a grey button-down shirt and a wooden bead bracelet, carefully shaping a cone of incense. The hands are positioned over a dark, rustic ceramic bowl that contains a yellowish liquid. In the foreground, a row of approximately 15 finished, brown, cone-shaped incense pieces is neatly arranged on a light-colored wooden surface. The overall scene is warm and focused on the craft of incense making.

Incense Cone Making Blueprint

RECIPE & GUIDE

A WORKBOOK FROM THE
HAND-CRAFTED INCENSE
WORKSHOP SERIES

THE NORTHWEST SCHOOL
OF AROMATIC MEDICINE

In the bottom right corner, there is a fresh sprig of green rosemary. In the bottom left corner, there is a piece of dried, light-colored wood.



Your Guide to Making Your Own Incense Cones

Making your own incense for yourself or others for its aesthetic, ritual, or healing benefits is one of the most rewarding practices of using aromatic plants. In the Hand-Crafted Incense Workshop Series, I've walked you through some of the foundational teachings that will make your incense crafting a more fun, enriching, and successful practice.

Now that you have a few of the core teachings of this craft in place, and you know what the **4 Basic Building Blocks of Incense** are (bases, binders, aromatics, and water), it's now time to put all of these elements together to create well-balanced, fully-burning, solid, natural incense cones!

The Perfect Starter Recipe!



The following is a great incense recipe for your first batch of incense cones. You can follow the recipe exactly as is, or if you're feeling adventurous, this recipe was designed so you can alter some of its ingredients and experiment using different powdered aromatic botanicals in their place. *Feel free to substitute other aromatics for the Cinnamon and Clove in this recipe.*

If you do choose to use different aromatic ingredients or spices, just be sure you keep the amounts of Sandalwood, binder, and water that are called for in the recipe the same.

Only substitute other ingredients for the Cinnamon and Clove! That way you'll ensure your incense holds its form and burns properly.

Sandalwood Spice Incense

Ingredients needed:

- 5 teaspoons finely powdered Australian Sandalwood
- 1/2 teaspoon finely powdered Cinnamon
- 1/2 teaspoon finely powdered Clove
- 1/16 teaspoon finely powdered Gum Tragacanth
- 3 1/2 teaspoon Water

Incense Crafting Tools Needed:

- Small Mixing bowl
- Measuring spoons
- Small cups/bowls for ingredients (*optional*)
- Mixing spoon (*optional - can use fingers*)
- Cone rolling surface (*cutting boards work great!*)
- Drying surface (*cutting board, plate, baking pan, etc.*)
- Mortar & Pestle or Coffee Grinder for powdering ingredients (*optional - can buy all of these pre-powdered*)





Natural & Sustainable Ingredient Sources

Australian Sandalwood & Tragacanth powder -
[Higher Mind Incense](#)

Cinnamon & Clove powder -
[Mountain Rose Herbs](#)

Incense Cone Molds for perfect incense shapes:
[Higher Mind Incense](#)

Step-by-Step Incense Cone Crafting

Step 1: Prepare Yourself

To start off every incense crafting session, it's important to center yourself and become more present in the moment before you begin.

Do your best to dismiss any daily or negative thoughts, stress, or frustrations you may have. The goal is to put only good energy, thoughts, and intentions into your incense crafting.

If you're experiencing heavy or negative emotions, it's best to reserve your incense crafting for when those feelings have been settled.





Step 2 : Prepare Your Ingredients

Gather all of the ingredients for your incense cone recipe and start grinding, crushing, and powdering your materials (if not already in powder for).

For cones, using finer powders ensures proper burning of your incense. Thicker powder consistencies won't burn as well in this 'combustable' type of incense.

If powdering yourself, be sure your ingredients are mostly processed down to a flour consistency.



Step 3:

Mix Your Dry Ingredients

- Begin the crafting process by adding your base materials to your mixing bowl first.
- Then add each of your other dry, aromatic materials to the mixing bowl and stir everything together thoroughly.
- Next, use a fine mesh sifter to add your powdered gum binder to your other dry ingredients, and mix everything together thoroughly to ensure there are no pockets of any single ingredient.

Step 4:

Add Your Water Element

Once your dry ingredients are mixed together, it's time to add your water. Start by adding **just 1/3 to 1/2 of your water first**, and mix it in well. Then add the rest of your water and mix again thoroughly.

Adding and mixing your water in portions like this allows for your dry ingredients to more evenly absorb the moisture.

This is the most common stage at which most incense cultures will infuse their prayers, intention, songs, mantras, and positive thoughts into their incense—after the water has been added, and during the mixing and forming stages.



Step 5:

Knead Your Incense Dough

Next, it's time to knead your incense dough. This is done for 1-2 minutes or until it's slightly warm.

The goal is to be able to form a ball of dough that sticks less to your fingers and more to itself.

Kneading raises the temperature of the dough and continues the mixing process.

This helps the water penetrate the cells of the plant materials more deeply, activates binders, while also helping the aromatic components synthesize more fully, enhancing the aromatic bouquet of your blend.





Step 6:

Mold Your Dough Into Cones

Once your dough is kneaded, it's time to shape your dough into cones. Before you begin molding, prepare your drying surface to place your finished cones on as you shape them.

Method #1 - The Rolling Method

- Place the outside of your palm (your pinkie finger side) down on your rolling surface (cutting boards work great!). Lift the opposite side of your palm (your pointer finger side) slightly, creating a 15-20° angle with your hand.
- With the ball of dough under your middle finger knuckle, gently move your palm forward and backward while applying pressure downward on your ball of dough.
- Once you have a cone shape, flatten the bottom and perfect your shape.

Mold Your Dough Into Cones

Method #3 - The Cone Mold Method

- Using an [incense making cone mold](#), place your blueberry sized dough ball in the cone space of one side of the mold.
- Place the other half of the cone mold together with the other one and press firmly.
- Carefully remove the cone from the mold and clean up any pinch marks or rough edges.



Step 7:

Dry Your Cones

- For the best results, incense cones are **slow dried at room temperature** (*between 55 and 80 degrees*). To speed the process up, you can place them next to a heat source to dry.
- Humidity, moisture in the air, the seasons, temperature, ingredients used, and other factors all have a role in how long your cones will take to dry. They will usually be completely dry in anywhere from **1-3 days**.



- Halfway through the drying process, tip all of your cones over onto their sides to allow their bottoms air to dry out as well. Every 12 hours after you tip them over, roll your cones 180 degrees so they have a chance to dry out evenly on all sides.
- After 1-3 days, check if your cones are completely dry inside by breaking one in half. If there is a darker circle in the center, revealing moisture content, allow for another 12 - 36 hours to finish drying.

Step 8: Store, Cure, & Enjoy!

Once your cones are **completely** dry, they're ready to burn!

Store them in a sealable glass jar to maintain freshness and aromas for years to come. Relax, invite a friend over, burn and Enjoy!



This step-by-step process is the exact blueprint for making *any incense cone recipe*. Follow these steps and you'll soon have your own hand-crafted incense cones to burn and enjoy.

Use this process to make medicine for yourself, family, or patients; create cones for sacred and ceremonial purposes; or craft your own incense for fragrant enjoyment and pleasing the senses.

There's nothing like the enchantment you feel when you step up to your incense crafting table. **This practice comes with a sense of magic** that arises when working with heavenly raw aromatics and sacred plants.

The good energy and intentions, and the work you put into your aromatic creations pays off more-so once you see the blissful faces of those who experience your incense, and when you hear profound stories of healing and transformation that your creations initiate and awaken in others.



Ready to Go Deeper?

You now have many of the skills needed to make your own incense from scratch for any purpose you desire. But the next step is *knowing how to formulate your own recipes* so you're not relying on others.

Knowing how to put an incense recipe together is just *one part of the equation*. If you wish to go further and become an artisan incense crafter who ***knows their ingredients and tools deeply, can construct a blend in the moment using whatever botanicals that come into your vision, and if your ready for the beauty and bounty of the incense crafting path***, I invite you to join me for...

...The Traditional Incense Crafting Course.

This one-of-a-kind program teaches you the ins and outs of incense crafting. You'll come to understand the wide world of botanical ingredients in great detail, knowing how to work with each type of material intuitively. You'll discover formulation techniques for therapeutic and fragrance crafting, how to create other types of incenses like loose blends and sticks, and dive much deeper into the intricacies of making cones as well.

And SO much more...

Stay tuned, I'll send an email as soon as this year's enrollment opens.

Thank you for joining me this past week!

P.S. This is the only online incense course that teaches you *everything* you need to know to start mastering the art of natural incense crafting.

Evan Sylliaasen

