Jasmine Flowers - Loose Herb

DESCRIPTION

The Perfume of a Summer Night, in a Cup

Whole dried jasmine flower buds (*Jasminum sambac*) — creamy white, intensely fragrant, and sweet. Brewed alone they make a delicate floral tea; added to green or white tea they make the classic jasmine tea of southern China.

Jasmine has been loved in China for over a thousand years; in Fujian, tea makers still layer fresh jasmine flowers with tea leaves at night, when the blossoms open and release their scent. In India jasmine is woven into wedding garlands and offered at temples, and Ayurvedic healers use its cooling flowers for the mind and the skin.

What science has found so far:

- Simply smelling jasmine tea calmed the nervous system and improved mood in a controlled study — measured in heart rate and nerve activity, not just how people felt. (Kuroda et al., 2005)
- Its scent is rich in **linalool**, the same calming aromatic compound found in lavender.

The Eastern view: Jasmine flower (*Mò Lì Hu?*, ???) is a classical Chinese herb: **pungent, sweet and warm**, entering the Liver, Spleen and Stomach. It regulates Qi, harmonises the middle burner and "opens depression" — used when stress has knotted up the stomach and darkened the mood. In Ayurveda, jasmine (*Mallika*) is cooling and calms Pitta.

Ways to use it:

- **Tea** — 1 teaspoon of buds in a cup of just-boiled water, covered, for 3–5 (in water just off the boil, about 80–85°C) minutes. Strain and sip.
- **Jasmine green tea** — add a pinch of buds to your green or white tea.
- **Floral blends** — with rose, chamomile or lemon balm.
- **Bath** — a handful in a muslin bag for a fragrant soak.

Ingredients: 100% dried jasmine flower buds.

Size: 1 oz, in a resealable black stand-up pouch with a window. Store sealed, away from light and heat.

Packed to order by a small team of skilled herbal professionals.

Disclaimer

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

We recommend working with a qualified integrative healthcare professional, especially if you are pregnant, nursing, have a medical condition, or take any medications.

Important Safety Information:

- Jasmine is generally very gentle. Use in normal, food-like amounts during pregnancy.
- Rarely, people sensitive to strong floral scents may get a headache.
- Keep out of reach of children. Store sealed in a cool, dry, dark place.
