Chill Out - Herbal Smoking Blend

DESCRIPTION

Let the Day Go

Chill Out is our unwinding blend — smooth, mild and relaxing, for the end of a long day or the moments you would once have reached for a cigarette.

Long before tobacco became an industry, people across the world smoked plants for ceremony, for the breath and for the mind. Native American nations smoked mullein and lobelia for the lungs; Mexican healers smoked damiana; European herb-wives burned mugwort for dreams. Our smoking blends carry on that tradition: **100% herbs, no tobacco, no nicotine** — and for many people, a way to keep the ritual of a smoke while leaving tobacco behind.

What's in the blend:

- **Mullein & marshmallow** — the soft, smooth base, traditional herbs for the lungs.
- **Lobelia** — "Indian tobacco," long used in herbal blends by people quitting tobacco.
- **Skullcap & holy basil** — two of the great calming herbs of the Western and Ayurvedic traditions.
- **Damiana** — the warm, mood-lifting leaf of Mexico.
- **Mugwort** — the old European herb of dreams and relaxation.

The Eastern view: Skullcap (*Huáng Qín*'s Western cousin) and holy basil calm the *Shen*; mugwort and damiana warm and move the Qi — a blend that settles both the mind and the body.

How to use: roll on its own, use in a pipe or herbal vaporiser, or brew 1 teaspoon as a tea (steep 10 minutes, strain well). Start with a small amount to learn how it feels for you.

Ingredients: Lobelia, Mullein, Marshmallow, Skullcap, Holy Basil, Damiana, Mugwort.

Size: Comes in a resealable **tin**.

Blended and 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 have a medical condition or take any medications.

Important Safety Information:

- Lobelia is strong — use small amounts; too much can cause nausea.
- Avoid if allergic to the daisy family (mugwort).
- **For adults 21 and over.**
- Tobacco-free and nicotine-free — but smoking any plant still means breathing smoke. For the gentlest use, choose a herbal vaporiser, or brew the blend as a tea.
- Do not use during pregnancy or while nursing.
- Some herbs in these blends are relaxing — do not drive or operate machinery after use, and do not combine with alcohol or sedatives.
- Keep out of reach of children and pets. Store sealed in a cool, dry place.
