Dream Catcher - Herbal Smoking Blend

DESCRIPTION

Drift Into Your Dreams

Dream Catcher is our evening blend — floral, soft and deeply relaxing, built around the herbs that traditions have long linked with dreams.

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:

- **Blue lotus** — the sacred dream flower of ancient Egypt.
- **Mugwort** — Europe's classic dream herb, tucked under pillows for vivid dreams.
- **Damiana** — warm and mood-lifting.
- **Lavender, rose & catnip** — calming florals for a quiet mind.
- **Mullein** — the soft, smooth base.

The Eastern view: Mugwort's Chinese cousin *Ài Yè* is the herb of moxibustion, warming the channels; blue lotus, lavender and rose calm the *Shen* — the spirit that, in TCM, must settle for sleep to come.

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: Damiana, Mullein, Mugwort, Catnip, Blue Lotus, Lavender, Rose.

Size: Available in a **tin** or a resealable **1 oz pouch**.

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:

- Blue lotus is relaxing — use only in the evening, at home.
- 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.
