Counting Sheep - Herbal Smoking Blend

DESCRIPTION

Wind Down, Lights Out

Counting Sheep is our bedtime blend — ten calming herbs for the hour before sleep, when the mind will not stop running.

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:

- **Passionflower & skullcap** — the two classic Western herbs for a racing mind and broken sleep.
- **Lavender, rose & catnip** — soft, calming florals.
- **Holy basil & damiana** — ease tension and lift the mood.
- **Mugwort** — for dreams.
- **Mullein & marshmallow** — the smooth, gentle base.

The Eastern view: Sleeplessness in TCM is a *Shen* that will not settle — often Heat or a restless Heart. Passionflower, skullcap and lavender calm it; rose and catnip soothe the tense Liver that keeps us lying awake.

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: Mullein, Marshmallow, Skullcap, Holy Basil, Damiana, Mugwort, Passionflower, Catnip, Rose, Lavender.

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:

- Use only at bedtime, at home — this blend is relaxing.
- 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.
