

Jasmine Flowers

A fragrant floral botanical traditionally used for calming tea and self-care rituals.

Official Botanical Name: *Jasminum officinale*

Brief Description: Jasmine flowers are traditionally used in teas, baths, and aromatic wellness routines for their soft floral aroma and calming botanical properties.

Benefits

- Traditionally used in calming wellness rituals
- Adds floral aroma to tea blends
- Popular in self-care and bath rituals
- Supports relaxing botanical routines

Ways to Use

- Tea blends
- Bath soaks
- Botanical skincare
- Aromatic wellness rituals
- Floral infusions

Instructions

- Steep lightly in hot water for 5–8 minutes.
- Blend with green tea, rose, or chamomile.
- Store away from moisture and sunlight.

Suggested Adult Use: 1 cup tea daily as desired.

Medication Warnings & Safety Notes: Use caution with fragrance sensitivities, pregnancy, breastfeeding, or highly sensitive skin.

Educational use only. These statements have not been evaluated by Health Canada or the FDA. This product is not intended to diagnose, treat, cure, or prevent disease. Consult a qualified healthcare professional before using herbal products if pregnant, nursing, taking medication, or managing a medical condition.