

# LINDEN LEAF & FLOWERS

Gentle Botanical Traditionally Used for Relaxation & Herbal Wellness Support



Botanical Name: Tilia cordata /  
Tilia europaea  
Common Names: Linden, Lime  
Blossom  
Plant Family: Malvaceae

Linden leaf and flowers have long been treasured in European herbal traditions for their calming aroma and gentle wellness-supporting qualities. Our linden leaf and flowers are carefully sourced for freshness, fragrance and botanical quality.

## TRADITIONALLY USED FOR

Linden has traditionally been used to support:

- Relaxation and calm
- Nervous system wellness
- Evening wellness routines
- Herbal teas and floral infusions
- Seasonal wellness support
- Gentle emotional balance

## WAYS TO USE

Herbal Tea

Steep into soothing floral herbal infusions.

Wellness Blends

Often included in calming and relaxation-focused formulas.

Botanical Preparations

Can be infused into baths and wellness rituals.

## HERBAL PAIRINGS & SYNERGIES

For Relaxation & Calm

Pairs beautifully with:

- Chamomile
- Lemon Balm
- Lavender
- Rose Petals

For Gentle Wellness

Support

Often blended with:

- Passionflower
- Skullcap
- Oatstraw
- Jasmine Flowers

### Nutritional Highlights

Linden naturally contains aromatic plant compounds traditionally valued in calming herbal wellness practices.

### Suggested Use

Enjoy in teas or wellness blends as desired.

### Storage

Store in a cool, dry place away from moisture and direct sunlight.

### Precautions

Do not ingest. Avoid applying to broken skin. Consult your healthcare practitioner before use if pregnant, breastfeeding or managing a medical condition.

### Disclaimer

These statements have not been evaluated by Health Canada. This product is not intended to diagnose, treat, cure or prevent any disease.

Taste	Energetics	Best Time to Use	Pairs Well With
Floral, mildly sweet	Cooling, calming	Evening or anytime	Chamomile, lemon balm, lavender, rose petals

