

Elderflowers

A delicate floral botanical traditionally used for seasonal wellness, calming teas, and soothing herbal rituals.

Official Botanical Name: *Sambucus nigra*

Brief Description: Elderflowers are the fragrant creamy-white blossoms of the elder tree and have a long history in traditional herbalism. Commonly used in teas, syrups, baths, and seasonal wellness routines, elderflowers are loved for their gentle floral aroma and soothing botanical properties.

Benefits

- Traditionally used during seasonal wellness routines
- Supports calming herbal tea rituals
- Popular in soothing floral wellness blends
- Traditionally associated with respiratory comfort practices
- Rich in aromatic botanical compounds
- Commonly used in skin and bath preparations

Ways to Use

- Herbal tea or infusion
- Floral bath and steam rituals
- Syrups and botanical beverages
- Seasonal wellness blends
- Botanical skincare preparations
- Cooling herbal drinks and mocktails

Instructions

- Steep 1–2 tsp of elderflowers in hot water for 5–10 minutes.
- Enjoy warm or chilled over ice.
- Blend with peppermint, chamomile, lemon balm, or rosehips.
- Store tightly sealed away from heat, moisture, and sunlight.
- Use food-grade flowers only for internal preparations.

Suggested Adult Use: 1–2 cups daily as desired.

Medication Warnings & Safety Notes: Use caution with autoimmune conditions, pregnancy, breastfeeding, diabetes medication, diuretics, or allergies to elder plants. Discontinue use if irritation or sensitivity develops.

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.