

Hops Flowers

A calming botanical traditionally used for relaxation, restfulness, and herbal wellness rituals.

Official Botanical Name: *Humulus lupulus*

Brief Description: Hops flowers are aromatic botanical cones traditionally used in herbal teas, sleep blends, tinctures, and relaxation-focused wellness routines. While widely known in brewing traditions, hops also have a long history in herbalism for calming support and evening rituals.

Benefits

- Traditionally used to support relaxation and calm
- Popular in evening and bedtime tea blends
- Supports restful wellness routines
- Aromatic botanical support for stress-management practices
- Often used in herbal pillows and bath rituals
- Commonly blended with chamomile, valerian, or lemon balm

Ways to Use

- Herbal tea blends
- Bedtime and evening wellness teas
- Herbal bath soaks
- Aromatic sleep pillows and sachets
- Botanical tinctures and infusions
- Relaxation-focused self-care rituals

Instructions

- Steep 1–2 tsp of hops flowers in hot water for 10 minutes.
- Best enjoyed in the evening due to calming properties.
- Blend with chamomile, lavender, skullcap, or valerian.
- Store tightly sealed away from heat, moisture, and sunlight.
- Aromatic sachets can be placed near pillows or in baths.

Suggested Adult Use: 1 cup in the evening as desired.

Medication Warnings & Safety Notes: May cause drowsiness. Use caution with sedatives, sleep medication, antidepressants, alcohol, hormone-sensitive conditions, pregnancy, breastfeeding, or before operating machinery. 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.