

HERBAL SPOTLIGHT

Linden blossom (*Tilia* spp)

BASSWOOD, LIME TREE, LIME BLOSSOM

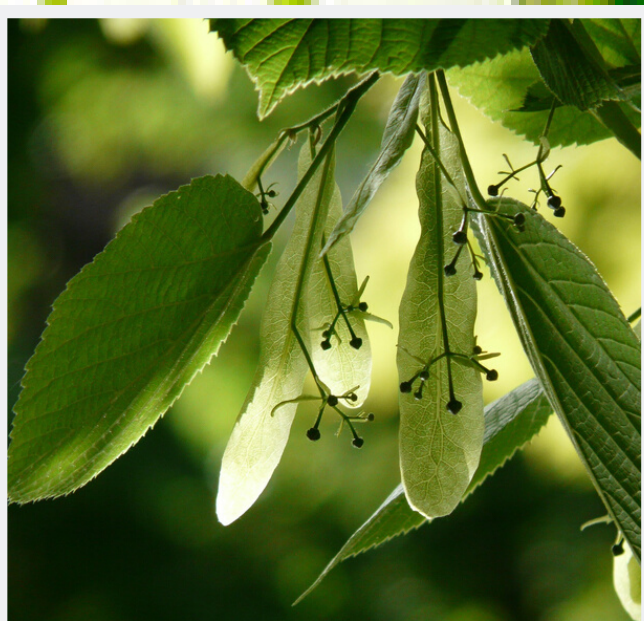


FLOWERS & BRACTS

Linden blossoms are small, white flowers that smell similar to jasmine. They grow in clusters with a bract (similar to a leaf), and form drupes, which are seed pods.

HERBAL ACTIONS

Anti-anxiety,
Diaphoretic
Nervine
Sedative
Hypotensive

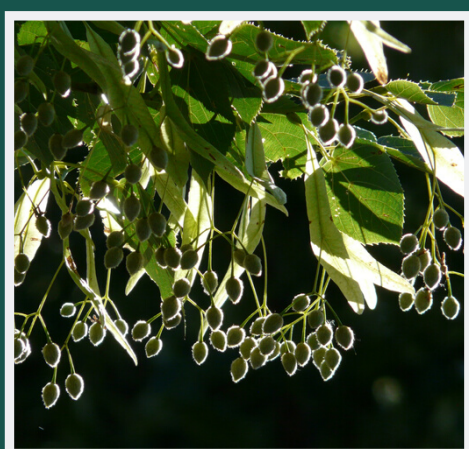


CUP OF TEA

- Add 8oz freshly boiled water over the flowers
- Allow to steep for 5-7 minutes.
- Enjoy the aroma and flavor.
- Feel the warmth relax your nerves and muscles!

FAVORITE USES

Anxiety
Hypertension
Fevers Insomnia
Headaches



SPIRITUAL IMPORTANCE

Love & fidelity - Relationships of all kinds.
Allowing love to bloom, profound & gentle healing.
Joy & bliss - Helps you find the silver lining.
Healing - At the soul level. Lessons of life, death, and transformation through the power of love.
Connections - The Goddess of Love, Mother Mary, and Archangel Chamuel.

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