

Jasmine Flower

Botanical Name: *Jasminum officinale*

Family: Oleaceae

Energetics: Warming, aromatic

Taste: Sweet, floral, slightly bitter

Actions: Nervine, calming, mild aphrodisiac, antispasmodic, digestive support

Overview

Jasmine Flower is an aromatic herb prized for its calming and soothing effects. Traditionally used to support emotional wellness, mild anxiety, and digestive discomfort, it is also appreciated for its gentle aphrodisiac qualities.

Uses

Internal Uses

- Calming nervine for anxiety and mild stress
- Supports digestion and relieves mild spasms
- Mild aphrodisiac properties
- Sleep support in evening teas

External Uses

- Aromatherapy for relaxation and mood elevation
- Infused oils for massage or skin scent
- Floral baths for relaxation

Medication Interactions

- May enhance sedative medications
- Monitor if taking other nervine herbs or pharmaceuticals

Contraindications

- Pregnancy: generally safe in small amounts; avoid concentrated essential oils
- Children: safe in teas in moderation
- Allergy to Oleaceae family



Caution & Safety

- Avoid high internal doses or essential oil ingestion
- Monitor for allergic reactions
- Use aromatic and external applications safely



Herbal Pairings

Blends Well With

- Chamomile (calming synergy)
- Lemon Balm (nervine and digestive support)
- Green Tea (mental clarity and antioxidant synergy)
- Lavender (calming and relaxing)

Avoid Combining With

- Sedative medications in high amounts without guidance



Possible Side Effects

- Mild digestive upset if overconsumed
- Rare allergic reactions
- Excessive sedation if combined with other sedatives



Forms & Dosage

Tea / Infusion

- 1-2 tsp dried flowers per cup water
- Steep 5-10 minutes
- 1-3 cups daily

Tincture (1:5)

- 1-2 mL, 1-2 times daily

Aromatherapy / External Use

- Diffuse essential oil or apply diluted infused oil as needed



Jasmine Flower is ideal for calming, emotional support, mild digestive relief, and relaxation rituals. Its aromatic properties make it popular in teas, tinctures, and infusions.

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