

# 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
-

## Notes

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.

*For educational purposes only; not intended to diagnose, treat, or cure any condition.*

---

© HomesteadGardener.ca | @YourHomesteadGardener