Stress Relief Tincture - Harmony Spirit

DESCRIPTION

Calm the Mind. Release the Tension.

This blend relieves stress and nervous tension and calms a racing mind — gently, without sedation or dependency. It brings together six classic *nervines*, the calming herbs of the tea cabinet and the apothecary that traditions have leaned on for centuries to soften a hard day.

The blend:

- **Ashwagandha** — Ayurveda's grounding adaptogen for stress.
- **Lemon Balm** — "the gladdening herb" of European folk medicine.
- **Passionflower** — for a busy, racing mind.
- **Chamomile** — the gentle, time-honored herb of calm.
- **Skullcap** — a classic Western nervine.
- **Lavender** — beloved across cultures for soothing the senses.

What it does: relieves everyday stress and nervous tension, calms a racing mind, eases the physical tightness stress brings, and restores a steady sense of balance — without sedation or dependency.

How to use: take 1–2 droppers (about 1–2 ml) under the tongue or in a little water, 2–3 times daily or as needed. For best absorption, hold under the tongue for 30–60 seconds before swallowing. Shake well first.

Disclaimer

This is a handcrafted herbal extract. It is not intended to diagnose, treat, cure, or prevent any disease, and it is not a substitute for medical care for a serious or persistent condition.

We recommend consulting a qualified integrative healthcare professional before use — especially if you are pregnant, nursing, have a medical condition, or take any medications.

Important safety information:

- For internal use.
- Contains alcohol (vodka) unless you choose the glycerin-only version.
- Not recommended for children. Keep out of reach of children.
- Store in a cool, dark place. Shake well before each use.
- Results may vary. Always use as directed.
