

Lucid Dreams Herbal Blend



The Lucid Dream Tea by Da Lua Herbals is a plant-based blend that induces dream recollection.

These ritual infusions contain a mix of medicinal plants which have a double function. First, they soothe the nerves, reducing stress and insomnia, helping us dive into a **state of deep sleep** or meditation. Subsequently, the dream intensifying herbs come into play, activating the **subconscious** mind, enhancing lucid dreaming and **dream recollection**.

They have been uniquely crafted for Loba Nomad as part of its **Dream Journey**, a monthly workshop that explores the healing potential of dreams as tools of self-analysis through dream work and shadow work.

Ingredients

“Lucid Meditation” Mix: Catnip, lemon balm, jasmine & chamomile. Its fresh, flowery and grassy flavour will delicately carry you into the dream realm. It is a great blend for those starting their journey with dream work.

“Mystical Hand” Mix: Mugwort, peppermint, passionflower & lavender. A potent, earthy and slightly bitter blend which opens up the subtle vision, especially due to the strong properties of mugwort, a herb long associated with magic, medicine women and healers.

Dosage & Use

Before bed, bring water to boil, add 1/2 teaspoon per cup, turn off, cover and let infuse for 7 minutes.

For internal use.

Contraindications

Avoid during pregnancy and when breastfeeding.