

Mimosa Flower Tincture



Refuge Remedies

Overview:

Mimosa flower is a beautiful botanical traditionally used to support emotional balance, uplift the spirit, and encourage a calm, grounded mood. In traditional herbal practice, it has often been associated with easing occasional sadness, tension, and emotional stagnation. It is sometimes called the "tree of happiness" because of its long history of use for supporting the heart and mind during stressful seasons of life.

Traditionally Used to Support

- Emotional balance
- Occasional stress and tension
- A calm, uplifted mood
- Restlessness related to mental or emotional strain
- General nervous system support

Plant Compounds/Why It's Valued

Mimosa flower contains naturally occurring plant compounds such as flavonoids, saponins, and antioxidant constituents that contribute to its traditional use. Herbalists value it most for its long reputation as a soothing, heart-centered herb for the nervous system and emotional well-being.

Suggested Use

Take 1-2 dropperfuls, 1-2 times daily. Shake well before use.

Mimosa flower is often chosen by those going through stressful seasons, emotional overwhelm, grief, irritability, or times when they feel mentally and emotionally heavy. It is typically used over time as part of a steady wellness routine rather than for instant effects.

Sublingual Use

Tinctures are commonly taken under the tongue, where small blood vessels allow for direct absorption. If the tincture feels too strong, mix with a few drops of water before placing under the tongue. You can add it to a cup of water, juice or tea, if needed.

Ingredients: Mimosa Flower, grain alcohol, & vegetable glycerin

Disclaimer:

This product is not intended to diagnose, treat, cure, or prevent any disease. These statements have not been evaluated by the FDA. Always DYOR (Do Your Own Research) & consult a qualified healthcare professional before using herbal products. Not recommended during pregnancy unless approved by a qualified healthcare professional.

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