

Ethically sourced from Sri Lanka, our Blue Lotus Flowers (*Nymphaea caerulea*) boast a rich history across centuries, featuring prominently in spiritual, ceremonial, and healing practices. Ancient Egyptians, for instance, used the "flower of the sun" in temple rituals and sacred rites, steeping it in wine or brewing it as tea. Cultures in India, China, and Mesoamerica also valued this water lily for its calming qualities and symbolic importance, incorporating it into religious ceremonies, vision quests, and sacred healing.

Active Compounds and Effects

The naturally occurring alkaloids in Blue Lotus, specifically apomorphine and nuciferine, work with its flavonoids and antioxidants. These compounds delicately stimulate the dopamine and serotonin receptors, leading to a promotion of calm, and feelings of euphoria.

Relaxation and Mood Enhancement: Blue Lotus is known for its ability to soothe the nervous system and gently uplift the spirit without fogginess. Blue Lotus is also infused into bath soaks and massage oils for a deeply relaxing, aromatic experience.

Lucid Dreaming and Sleep Support: Many users report more vivid dreams and deeper rest after drinking Blue Lotus tea.

Meditation and Spiritual Practice: Blue Lotus has long been associated with enhancing intuition, mindfulness, and opening of the "third eye." Blue Lotus is more than just a botanical—it's a symbol of awakening, purity, and inner light. It's been used in spiritual practice to aid in emotional release and support deep states of reflection and healing. Blue Lotus can bring a gentle sense of connection to something deeper within yourself and the world around you.

Aphrodisiac Effects: Traditionally used to promote intimacy, sensuality, and heightened emotion connection.

Modern Uses

Tea: Dried petals steeped in hot water create a fragrant, calming brew. Steep 1-2 grams in hot water for 10-15 minutes.

Tincture: Combine flower petals with 200 Proof Food Grade Ethanol in a clean, dry jar, completely covering the flower petals. Seal the jar tightly and shake gently to mix. Store the jar for 4-6 weeks, and shake gently every few days. At the end of the infusion, strain the mixture through a fine mesh sieve. If stored properly away from heat and sunlight, potency will be maintained for two years.

Smoking or Vaping: Dried Blue Lotus can be smoked alone or blended with other calming herbs for smooth, euphoric effects. Ground petals can be added to any smoking material like hemp. Combine with lavender, chamomile, or peppermint for an even more lifted experience.