L.A.A.F.INC
KATE LAPLANTE HERBALS
@LAPLANTEAPOTHECARY
2026

Herbal Night Blends

Full Details & Preparation Guide

These are traditional herbal combinations for evening support. They are not medical advice and are not intended to diagnose, treat, cure, or prevent any disease. Please speak with a trusted medical professional before use, especially if you are pregnant, breastfeeding, under 18, have a medical condition, or take medications.

General Information

- All blends are loose-leaf. Use 1 level teaspoon per 8 oz cup of water (up to 1½ teaspoons for a stronger cup).
- Honey, if desired, is stirred in after steeping.
- Do not combine with alcohol or other sedatives. Do not drive after use.
- Not for pregnancy or breastfeeding without professional advice.
- Store dried blends in a cool, dark, dry place.

Potency Rating Guide

1 = very gentle ● 10 = very potent (use with caution)

Important Disclaimer

We are not doctors, and nothing we offer is medical advice. These are traditional herbal preparations for general evening support. They are not intended to diagnose, treat, cure, or prevent any disease.

These products are prepared in a home kitchen that has not undergone inspection by the Connecticut Department of Health. We take pride in cleanliness and quality, but we cannot guarantee the absence of all allergens or contaminants.

Please speak with a trusted medical professional before using any of our products, especially if you are pregnant, breastfeeding, under 18, have a medical condition, or take any medications. Stop use and consult a healthcare provider if you experience any adverse effects.

By using these blends, you acknowledge that you have read this information and accept responsibility for your own health decisions.

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L.A.A.F.INC
A KATE LAPLANTE COLLECTION
2026
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Root N' Rest

Classic Sedative Blend ● Rating 8 of 10

Ingredients

- Valerian root
- Chamomile flowers
- California poppy
- Small amount of orange peel
- Small amount of rose petals

What to Expect

Body heaviness and a quieter mind, typically within 30–60 minutes. This is the strongest blend in the collection.

How to Prepare (Split Method)

Valerian is prepared separately for best results.

- **Valerian portion**: Place about ½ teaspoon of the valerian root (or roughly one-third of your total teaspoon of blend if mixed) in a jar with 4 oz cool water. Cover and refrigerate overnight (8–12 hours). Strain.
- **Remaining herbs**: Place the rest of the blend (about ½–1 teaspoon total of chamomile, poppy, and flavor herbs) in a cup. Pour 4–6 oz water just off the boil over them. Cover and steep 10–15 minutes. Strain.
- Combine the cold valerian infusion with the hot steep. Optional: add a little honey.
- Drink 30–60 minutes before bed. Start with the lower amount of valerian.

Tip: You can cold-infuse a larger amount of valerian ahead of time and freeze it in ice cubes for later use.

Important Notes

- May cause drowsiness or vivid dreams. Do not drive.
- Not for pregnancy or under 18.
- Limit continuous use to 4–6 weeks.
- Stop 1–2 weeks before surgery.
- Consult a provider if you take medications.

Quiet Mind

Tension & Overthinking Blend ● Rating 5 of 10

Ingredients

- Blue vervain
- California poppy
- Chamomile flowers
- Small amount of lemon verbena
- Small amount of cinnamon

What to Expect

Mental chatter slows and tension eases, typically within 20–45 minutes.

How to Prepare

- Use 1 level teaspoon of the blend per 8 oz cup.
- Pour water just off the boil over the herbs. Cover and steep 10–15 minutes.
- Strain. Optional: add a little honey.
- Drink 30–60 minutes before bed.

Important Notes

- May cause drowsiness. Do not drive.
- Not for pregnancy.
- Consult a provider if you take medications.

Soft Landing

Gentle Floral Wind-Down ● Rating 2 of 10

Ingredients

- Chamomile flowers
- Lavender flowers
- Rose petals
- Small amount of lemon verbena

What to Expect

Light, pleasant calm, typically within 15–30 minutes. The gentlest blend in the collection.

How to Prepare

Cold brew is preferred.

- Cold: Use 1 level teaspoon per 8 oz cool water. Cover and refrigerate overnight. Strain and warm gently if desired (do not boil).
- Optional: add a little honey.
- Drink 30–60 minutes before bed.
- Hot alternative: Use 1 level teaspoon per 8 oz water just off the boil. Cover and steep only 3–5 minutes. Strain immediately.

Important Notes

- May cause mild drowsiness. Do not drive if affected.
- Not for pregnancy.

Steady Night

Adaptogen Evening Cup ● Rating 4 of 10

Ingredients

- Ashwagandha root
- Krishna holy basil (tulsi)
- Chamomile flowers
- Small amount of cinnamon
- Small amount of rose petals

What to Expect

Reduced evening "wired" feeling. Effects are often subtle within 30–60 minutes and tend to build over several nights of consistent use.

How to Prepare (Split Method)

Ashwagandha benefits from a short simmer.

- Place about ½ teaspoon of the ashwagandha + a pinch of the cinnamon in a small pot with 8 oz water.
- Simmer gently for 10–15 minutes.
- Remove from heat. Add the remaining herbs (holy basil, chamomile, and rose — about ½ teaspoon total).
- Cover and steep 5–10 minutes. Strain.
- Optional: a splash of milk and/or a little honey.
- Drink in the evening, 30–60 minutes before bed.

Important Notes

- May cause drowsiness. Do not drive.
- Not for pregnancy.
- Consult a provider if you take medications or have thyroid or autoimmune conditions.

Evening Ease

Mild Nervine Blend ● Rating 4 of 10

Ingredients

- Blue vervain
- Motherwort
- Oatstraw
- Chamomile flowers
- Small amount of lemon verbena

What to Expect

Gentle quieting of nervous tension. The edge is taken off, typically within 20–45 minutes.

How to Prepare

- Use 1 level teaspoon of the blend per 8 oz cup.
- Pour water just off the boil over the herbs. Cover and steep 10–15 minutes.
- Strain. Optional: add a little honey.
- Drink 30–60 minutes before bed.

Important Notes

- May cause drowsiness. Do not drive.
- Not for pregnancy.
- Consult a provider if you take medications.

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