



Everything
Herbal
BY CHERYL JABZ

→ KNOWLEDGE. NATURE. WELLNESS. →



CHAMOMILE'S 3 MOST POPULAR RECIPES



Gentle. Calming. Naturally Nourishing.

CHAMOMILE

A gentle herb cherished for centuries for its calming, soothing and healing properties. Perfect for relaxation, digestion, skin care and restful sleep.



BENEFITS



PROMOTES
RELAXATION &
BETTER SLEEP



SUPPORTS
DIGESTION &
SOOTHES
DISCOMFORT



SOOTHES SKIN
IRRITATION &
INFLAMMATION



SUPPORTS
OVERALL
WELLNESS

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SCAN ME



FOR MORE HERBAL RECIPES!

*Empowering you
naturally.* ♥



1 CHAMOMILE RELAXATION TEA

A soothing tea to help you unwind, ease stress and promote restful sleep.

KEY INGREDIENTS

Dried Chamomile Flowers • Honey (optional)
Lemon Slice (optional)

WHY YOU'LL LOVE IT

Calms the mind, relaxes the body and supports better sleep naturally.



2 CHAMOMILE HONEY LEMONADE

A refreshing, caffeine-free drink that soothes your belly and lifts your spirits.

KEY INGREDIENTS

Chamomile Tea (cooled) • Fresh Lemon Juice
Raw Honey • Cold Water • Ice

WHY YOU'LL LOVE IT

Hydrating, gentle on digestion and perfect for warm days or upset stomach.



3 CHAMOMILE HEALING SALVE

A gentle herbal salve to soothe dry, irritated or sensitive skin.

KEY INGREDIENTS

Infused Chamomile Oil • Beeswax
Shea Butter • Coconut Oil • Vitamin E (optional)

WHY YOU'LL LOVE IT

Calms redness, moisturizes deeply and supports natural skin healing.



LEARN
HERBS



COOK
NATURALLY



LIVE
WELL



SHARE
GOODNESS



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