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Everything Herbal
by Cheryl Jabz



Lemon Balm & Chamomile Relaxation Wreath

*Soft, calming, and
cottagecore-inspired.*



INGREDIENTS:

Straw wreath base ~ Fresh lemon balm stems ~
Chamomile flowers ~ Eucalyptus sprigs ~
White ribbon ~ Floral pins or wire



INSTRUCTIONS:

Wrap the straw wreath loosely with eucalyptus.
Pin lemon balm stems around the wreath in layers.
Add clusters of chamomile flowers between greenery.
Secure everything with floral wire.
Finish with a soft white bow.



OPTIONAL ADDITIONS:

Dried orange slices ~ White statice flowers ~
Baby's breath



AROMA PROFILE:

Fresh, citrusy, calming, lightly floral.



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