



# Everything Herbal

by Cheryl Jabz



## Chamomile & Orange Steam Tea

*Soothes sinuses and promotes relaxation.*

### INGREDIENTS:



3 tbsp dried  
chamomile flowers



1 tsp dried  
orange peel



2 cups  
boiling water

### INSTRUCTIONS:



Steep and drink as tea, or  
lean over a bowl with a towel  
to inhale steam for sinus relief.



HERBAL  
TIP

*Enjoy the steam mindfully.*

Keep your face a safe distance from the bowl,  
and use caution with hot water.

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