



Calming RLS Tea



INGREDIENTS:

- 1 tsp dried chamomile
- 1 tsp lemon balm
- 1/2 tsp lavender buds
- 1/2 tsp peppermint



INSTRUCTIONS:

- 1 Add herbs to a tea infuser or jar.
- 2 Pour hot (not boiling) water over herbs.
- 3 Cover and steep 10–15 minutes.
- 4 Strain and sip slowly about 30–60 minutes before bed.

Optional: 1/4 tsp valerian root (strong but sedating) ~
1½ cups hot water ~ Honey if desired

Gentle herbal support for restful evenings.



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