

CALM & RESTFUL RELAXATION

“Come to me, all you who are
weary and burdened,
and I will give you rest.”

— Matthew 11:28 (NIV)

Bubbie's Cup of Tea

CHAMOMILE LAVENDER MINT TEA

A gentle, calming blend to relax
your body, quiet your mind,
and help you rest.

INGREDIENTS

Makes 2 cups • Prep 5 min

- ♥ 2 cups water
- ♥ 1 Tbsp dried chamomile flowers
- ♥ 1 tsp dried lavender buds
- ♥ 5–6 fresh mint leaves (or 1 tsp dried mint)
- ♥ 1 tsp honey (optional)
- ♥ Lemon slice (optional)

DIRECTIONS

- 1 Bring water to a gentle boil.
- 2 Add chamomile and lavender. Steep for 5–7 minutes.
- 3 Add mint leaves and steep 2 more minutes.
- 4 Strain into cups.
- 5 Sweeten with honey and add lemon slice if desired. Sip slowly and let go of the day.

SCAN & VISIT



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Bubbie's TEA TIP

Sip this tea about 30–60 minutes before bed
to help your body and mind unwind.
Perfect for peaceful evenings.

BUBBIE'S TIP

Create a quiet space, dim the lights,
and breathe deeply while you enjoy
your cup of tea.

GOOD TO KNOW

Chamomile may promote relaxation
and support restful sleep. Lavender
helps calm the nervous system and
mint soothes the senses.

Source: Mayo Clinic – Chamomile; NIH – Lavender;
NIH – Peppermint