

Everything HERBAL

by Cheryl Jabez

Steep
Self-Care
in Every Sip!

RELAXATION & INNER PEACE

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

— Matthew 11:28 (NIV)

Bubbie's Daily Cup of Tea

ROSE HIBISCUS RELAXATION TEA

A soothing, floral blend to calm your
mind, ease tension and uplift your spirit
— one beautiful cup at a time!

INGREDIENTS

Makes 2 cups • Prep 5 min

- ♥ 2 cups water
- ♥ 1 Tbsp dried hibiscus flowers
- ♥ 1 Tbsp dried rose petals (food grade)
- ♥ 1 tsp dried chamomile flowers
- ♥ 1 tsp fresh ginger, sliced (or ½ tsp dried ginger)
- ♥ 1 tsp lemon juice (fresh preferred)
- ♥ 1–2 tsp honey (optional)

DIRECTIONS

- 1 Bring water to a gentle boil.
- 2 Add hibiscus, rose petals, chamomile and ginger.
- 4 Simmer for 8–10 minutes.
- 6 Remove from heat and add lemon juice.
- 5 Strain into cups.
- 6 Sweeten with honey if desired. Sip slowly and enjoy!

SCAN & VISIT



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Bubbie's TEA TIP

Enjoy this tea in the evening or
whenever you need a little calm. Let the
floral aroma remind you to slow down,
breathe deeply and be kind to yourself.

BUBBIE'S TIP

For an extra calming cup, add
a few dried lavender buds.

GOOD TO KNOW

Hibiscus is rich in antioxidants and may
support heart health. Rose petals have
natural mood-lifting properties. Chamomile
helps promote relaxation and restful sleep.
Ginger soothes digestion, and this blend
together creates a peaceful, comforting tea
for body, mind and soul.

Source: NIH – Hibiscus | NCCIH – Chamomile;
Mayo Clinic – Ginger | Healthline – Rose Petals