



DAILY

Herbal Treat

NOURISH YOUR BODY. BRIGHTEN YOUR DAY. 

TODAY'S HIGHLIGHT: HERBAL LEMON BALM TEA

A soothing, aromatic tea made with lemon balm to help calm the mind, ease stress, and support restful sleep. The perfect moment of peace in your day! 

INGREDIENTS:

-  2 cups water
-  1-2 tsp dried lemon balm leaves
-  Optional: 1 slice lemon
-  Optional: raw honey (to taste)

HOW TO MAKE:

-  Bring water to a boil.
-  Add lemon balm leaves and reduce heat.
-  Simmer for 5-10 minutes.
-  Strain into a cup.
-  Add lemon slice or honey if desired. Enjoy!

*Simple ingredients.
Powerful benefits.* 



TINY HERBAL TIP

Drink a warm cup of lemon balm tea 30-60 minutes before bed to help unwind and prepare for restful sleep. 



Sharing herbal knowledge, recipes & natural living to help you thrive — naturally! 

www.EverythingHerbalbyCherylJabz.com 



HERBAL BENEFITS:



CALMS & RELAXES

Lemon balm helps reduce stress, anxiety and promotes relaxation.



SUPPORTS RESTFUL SLEEP

Helps calm the nervous system and encourages better sleep.



DIGESTIVE SUPPORT

Soothes the stomach and may help ease bloating and cramps.



IMMUNE SUPPORT

Rich in antioxidants to help support a healthy immune system.

**DOWNLOAD
THIS PAGE**

Print • Save • Share 



FOLLOW & CONNECT!



@EverythingHerbalbyCherylJabz

*Thank you for being
part of this herbal
wellness journey!* 

