

CALMING SLEEP & RELAXATION

"In peace I will lie down
and sleep, for You alone,
O Lord, make me dwell
in safety."

— Psalm 4:8 (NIV)

Bubbie's Daily Cup of Tea

CHAMOMILE LEMON MINT TEA

A gentle, calming blend to help
relax the body, quiet the mind,
support restful sleep and bring a
sense of peace — one cup at a time!

INGREDIENTS

Makes 2 cups • Prep 5 min

- 2 cups water
- 2 Tbsp dried chamomile flowers
- 1 Tbsp dried peppermint leaves (or fresh)
- 1 Tbsp dried lemon balm leaves (or fresh)
- 1 lemon, sliced
- 1–2 tsp honey (optional)

DIRECTIONS

- 1 Bring water to a gentle boil.
- 2 Add chamomile, peppermint and lemon balm.
- 3 Reduce heat and simmer for 5–8 minutes.
- 4 Remove from heat and let steep for 5 minutes.
- 5 Strain into cups.
- 6 Add lemon slices and honey if desired.
- 7 Sip slowly, relax and enjoy!



Bubbie's TEA TIP

This soothing tea is perfect in
the evening or anytime you need
a moment of calm. Chamomile
helps promote restful sleep,
peppermint relaxes the body and
lemon balm eases stress and
supports a peaceful mind.

BUBBIE'S TIP

Add a slice of lemon and a drizzle
of honey for a naturally sweet flavor
and an extra touch of comfort.

GOOD TO KNOW

Chamomile is traditionally used
to support relaxation and sleep.
Lemon balm is known to help ease
anxiety and promote a calm mood.
Peppermint soothes the body
and aids digestion.

Source: NIH – Chamomile; Peppermint;
Lemon Balm – Herbal Sleep & Relaxation Support

SCAN & VISIT



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