



EVERYTHING HERBAL

BY

Cheryl Jabz

Simple. Natural. Made with Love.



Soothing Stomach Tea

INGREDIENTS:

- 1 tbsp carrier oil (coconut or olive)
- 2 drops peppermint oil
- 1 drop lavender oil

INSTRUCTIONS:



Mix and apply to temples,
neck, and forehead.
Rest in a quiet, dark room.



Gentle
Comfort.
Naturally.



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