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EVERYTHING
Herbal

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NATURE. KNOWLEDGE. WELLNESS.



HERBAL

Sachet Making



Herbal sachets are small fabric pouches filled with dried herbs, flowers, and spices. They are simple to make, naturally fragrant, and can be used for relaxation, freshness, sleep support, drawers, closets, baths, and gifts.

BENEFITS OF HERBAL SACHETS



RELAXATION & STRESS RELIEF

Lavender, chamomile, lemon balm, and rose petals are popular calming herbs often used in bedtime sachets.



NATURAL INSECT REPELLENT

Mint, rosemary, cedar, and lavender may help deter moths and insects naturally.



NATURAL HOME FRAGRANCE

Sachets naturally freshen:
Drawers ~ Closets ~ Linens ~
Bathrooms ~ Cars



BEAUTIFUL HANDMADE GIFTS

Herbal sachets are inexpensive, elegant, and perfect for:
Weddings ~ Holidays ~ Guest baskets ~
Craft fairs ~ Homemade gifts



SLEEP SUPPORT

Herbs like lavender and hops are traditionally used to encourage restful sleep.

Herbal sachets are simple handmade pouches filled with dried herbs, flowers, and spices for fragrance, relaxation, drawers, closets, gifts, and décor.

SIMPLE SACHET MAKING INSTRUCTIONS



MIX

Mix dried herbs, flowers, and spices together.



FILL

Fill small muslin or cotton bags.



TIE

Tie with ribbon or twine.



STORE

Store in dry places.



REFRESH

Refresh with a drop of essential oil if desired.

SCAN ME



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MADE WITH PURPOSE.
ROOTED IN NATURE.

Cheryl Jabz

HERBALIST • EDUCATOR • ENTREPRENEUR