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EVERYTHING
Herbal

— BY CHERYL JABZ —

NATURE. KNOWLEDGE. WELLNESS.



BASIC HERBAL *Sachet Recipe*

SUPPLIES:

- Small cotton or muslin bags
- Dried herbs or flowers
- Ribbon or twine

SIMPLE BLEND:



2 tbsp dried lavender

1 tbsp chamomile

1 tbsp rose petals

Fill sachet bag and
tie closed.

PLACE:



Under pillows



In drawers



Near
bedside tables



Create your own blends
with your favorite herbs
and flowers for fragrance,
relaxation, and well-being.

SCAN ME



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FRAGRANT



RELAXATION &
STRESS RELIEF



SLEEP
SUPPORT



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MADE WITH PURPOSE.
ROOTED IN NATURE.

Cheryl Jabz

HERBALIST • EDUCATOR • ENTREPRENEUR