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EVERYTHING
Herbal

— BY CHERYL JABZ —

NATURE. KNOWLEDGE. WELLNESS.



Chamomile Dream Sachet



A gentle herbal blend to create a
peaceful, calming atmosphere for
relaxing, restful sleep.

INGREDIENTS:



2 tbsp
chamomile flowers



1 tbsp lavender



1 tsp lemon balm

BEST USES:



Under pillows



Bedside baskets



Relaxing
nighttime aroma

HOW TO USE:

Place sachet under
pillows, in bedside
baskets, drawers, or
anywhere you want
a calming, relaxing
aroma.

SCAN ME



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