



Everything Herbal

by Cheryl Jabz

— Knowledge. Nature. Wellness. —



ABOUT VALERIAN ROOT

Valerian root is a traditional herbal root known for its earthy aroma and calming, relaxing use in bedtime wellness routines. It has been cherished for centuries as a natural way to support rest, relaxation, and overall well-being.



CALMING HERB

Supports relaxation and a peaceful state of mind.



BEDTIME FAVORITE

A trusted companion for bedtime wellness routines.



TRADITIONAL WELLNESS

Used in herbal traditions for generations.



VALERIAN ROOT'S 3 MOST POPULAR RECIPES

Calming. Restful. Naturally Herbal.



1

VALERIAN ROOT TEA

A warm, calming herbal tea.

KEY INGREDIENTS

- Dried valerian root
- Hot water
- Honey (optional)
- Lemon (optional)

WHY YOU'LL LOVE IT

- Soothing
- Simple
- Comforting before bedtime



2

SLEEPY TIME VALERIAN BLEND

An herbal bedtime tea blend.

KEY INGREDIENTS

- Valerian root
- Chamomile
- Lemon balm
- Lavender
- Hot water
- Honey (optional)

WHY YOU'LL LOVE IT

- Relaxing
- Floral
- Helpful for winding down in the evening



3

VALERIAN RELAXING BATH SOAK

A calming herbal bath soak.

KEY INGREDIENTS

- Dried valerian root
- Epsom salt
- Lavender buds (optional)
- Chamomile (optional)
- Muslin bag or sachet

WHY YOU'LL LOVE IT

- Spa-like
- Calming
- Comforting for nighttime self-care



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