

Everything
HERBAL

by Cheryl Jabez

Sip Wellness
Embrace Balance
Be Your Best
Naturally!

STRESS RELIEF & RESTORATIVE CALM

"Come to Me, all you who are weary and burdened, and I will give you rest."

— Matthew 11:28 (NIV)

Bubbie's Daily Cup of Tea

CHAMOMILE LAVENDER HONEY LEMON TEA

A gentle, soothing blend to help reduce stress, quiet the mind, support better sleep and bring a sense of peace — one cup at a time!

INGREDIENTS

Makes 2 cups • Prep 5 min

- ♥ 2 cups water
- ♥ 2 Tbsp dried chamomile flowers
- ♥ 1 Tbsp dried lavender buds (culinary grade)
- ♥ 1 Tbsp fresh lemon balm leaves (or 1 tsp dried)
- ♥ 1 lemon, sliced
- ♥ 1-2 tsp raw honey (optional)

DIRECTIONS

- 1 Bring water to a gentle boil.
 - 2 Add chamomile, lavender and lemon balm.
 - 3 Reduce heat and simmer for 5-10 minutes.
 - 4 Remove from heat and let steep for 5 minutes.
 - 5 Strain into cups.
 - 6 Add lemon slices and honey if desired.
- Sip slowly, breathe deeply and relax.



Rest
Breathe
Sip
Repeat

Bubbie's TEA TIP

This calming tea is perfect for unwinding in the evening, easing tension after a long day, or anytime you need a moment of peace. Let each sip remind you to slow down, be present and take care of yourself.

BUBBIE'S TIP

Add a slice of lemon and a touch of honey for a naturally sweet flavor that also soothes the throat.

GOOD TO KNOW

Chamomile may help reduce anxiety and promote restful sleep. Lavender is known for its calming properties and can help ease tension and support emotional well-being. Together, this blend creates a peaceful, restorative tea for mind, body and soul.

Source: NIH – Chamomile; Lavender;
Lemon Balm – Herbal Support for Stress & Sleep

SCAN & VISIT



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