



Deep Sleep RLS Tea

A stronger nighttime blend for restless evenings.

INGREDIENTS:

- 1 tsp chamomile
- ½ tsp skullcap
- 1 tsp passionflower
- ½ tsp lavender

Honey optional

INSTRUCTIONS:

Steep covered in hot water for 10–15 minutes.

BENEFITS:

- Passionflower may calm nervous system activity.
- Skullcap is traditionally used for muscle tension and nervous restlessness.
- Chamomile and lavender encourage relaxation.

Gentle herbal support for restful evenings.



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