



Lavender TEA RECIPE

CALMING BEDTIME DRINK



Relax.
Unwind.
Sleep
Peacefully.

Lavender tea is a gentle, calming blend that helps relax the mind, ease tension, and promote a restful night's sleep.

INGREDIENTS:

- 1 tsp lavender
- 1 tsp chamomile
- Optional: mint or lemon balm

INSTRUCTIONS:



Steep in hot water for 5–10 minutes.



Strain and sweeten if desired.

EXTRA TIPS:

- For sensitive skin, start with fewer drops of essential oil.
- Store in a cool, dry place.
- Use within 3–6 months for best freshness.
- Always patch test new products.



Nourish.
Heal.
Thrive Naturally.



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