



- 1 part basil leaf\*
- 1 part lemon balm
- 1/4 part chamomile
- 1/4 part lavender

Mix together herbs and keep stored in a glass, airtight container. Store in a cool, dark place until ready to use.

#### Instructions:

Tea by the cup: Use 1 tsp. or so of herbal blend per 1 cup of boiling water. Pour the water over the herbs, cover, let sit for 10-15 minutes. Strain and drink or you could add some raw honey as a sweetener.

Tea by the quart: Use about 4-6 of herbal blend per quart of boiling water – follow instructions above.

For even better results sip on your tea while soaking your feet in hot water with 3-5 drops of essential oils in it.

Disclaimer: The Information contained on this handout is for educational purposes only and as a guideline for your personal use. It is not intended to replace the advice of a licensed physician. Those who follow these suggestions do so at their own risk.