

# MEDICINAL HERBAL TEA

## CALMING BLEND

### INGREDIENTS

- 1 teaspoon lemon balm (dry or fresh)
- 1 teaspoon chamomile flowers (dry)
- 1 teaspoon lavender (dry or fresh)

### METHOD

Combine herbs together in a small teapot or large mug and steep in hot water for 5 to 10 minutes.

This aromatic blend will exert a relaxing effect and is especially beneficial at the end of a busy day, to relieve stress and calm the mind.



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