

*Tea Blend to  
Calm and Sustain*

*2 parts lemon balm*

*2 parts rose hips*

*1 part oatstraw*

*1 part chamomile flowers*

*1 part lavender flowers*



source: [botanyculture.com](http://botanyculture.com)

*Tea Blend for a  
Healthy Winter*

*2 parts elderberry*

*2 parts rose petals*

*1 part rose hips*

*1 part ginger*

*1/2 part reishi*

*1/2 part yarrow*



source: [mytinylagunakitchen.com](http://mytinylagunakitchen.com)

*Tea Blend for a  
Good Night's Sleep*

*2 parts stinging nettle*

*2 parts chamomile flowers*

*1 part peppermint leaves*

*1 part dried rose petals*



source: [botanyculture.com](http://botanyculture.com)