

Make Yourself Easy Tea

½ ounce Red Raspberry leaves cut

½ ounce Chamomile dried flowers

½ ounce Lavender dried flowers

½ ounce Rose dried flowers

Combine all ingredients and place in a jar for storing.

- As a drinkable **tea**, 1 t. herbs to 1 c. hot water. Steep 5 minutes and drink.
- For **baths**, take about ¼-½ c. of cut tea and place in the center of a natural fiber cloth. Fold edges into each other to envelop the herbs. Fasten tight with a string or band. Draw a very warm bath and place the tea pouch into the water. Allow herbs to steep in the bath for 5 minutes and enjoy!
- As a drawer or closet **sachet**, prepare as you would for a bath, but place the cloth inside a drawer or closet to infuse a lovely, soothing aroma into your clothes.

Makes about 4 cups of cut dried tea, perfect fit into a quart mason jar.

Herbal Shower Sprig

Eucalyptus, Lavender, Rose, Peppermint, or other aromatic herbs

String - about 2 feet

You can find fresh Eucalyptus leaves, Lavender, or other aromatic herbs like Roses or Peppermint, at a local flower shop, garden shop, or perhaps in your environment. Select several springs of the plant and bind tightly with string. Hang upside down in your shower and as you take a nice steamy shower, the volatile oils of the plant will rise with the steam and enter through your respiratory tract.

Recipe by Kelly Pomeroy