



BSc (Hons), MCPP

FALMOUTH | HELSTON | THE LIZARD

HERBAL INFUSIONS

HERBAL TEAS TO HELP RELIEVE STRESS, NERVOUS TENSION & ANXIETY

Chamomile, Lavender, Lemon balm, Lime flower, Skullcap, Valerian, Passionflower, Verbena, St John's wort

Digestive problems & anxiety: Lemon balm, Chamomile

Insomnia: Valerian, Passionflower

Headaches: Skullcap, Rosemary

Depression/low mood: St John's wort, Borage



RELAXING HERBAL TEA BLENDS

Serenity Tea/calming & uplifting:

Chamomile (45%)
Lemon balm (25%)
Lavender (20%)
Rose petals (10%)

Anxiety Tea/more sedating, to help relieve tension headaches and insomnia:

Valerian (30%)
Skullcap (30%)
Hops (20%)
Verbena (20%)

Make in a pot or mug/cup, and leave herbal infusion to stand for 10-15 minutes before drinking.