



Herbal Tub Teas Recipes for Relaxation

Mix up your own relaxing bath tonic using one of the blends below, or one of your own making. Use a small cup to collect and combine your herbs. If you like, add 2 tablespoons of epsom salts for a thoroughly relaxing soak. All recipes call for equal parts.

Fragrant Relaxation Blend
Rose Petals and Lavender

Soothing Stress Buster Blend
Calendula and Chamomile

Head Clearing Blend
Sage and Lemon balm

Nightmare Chaser Blend
Hops and Hyssop