



Herbal Tub Teas Recipes for Rejuvenation

After a long day or week, relaxation and rejuvenation are in order. Try these blends to help soothe stress and rejuvenate the mind at the same time. Use a small cup to collect and combine your herbs. If you like, add 2 tablespoons of epsom salts to help ease your muscles. All recipes call for equal parts.

Soothing Rejuvenation Blend

Peppermint and Lemon Balm

Floral Invigorator Blend

Rose Petals and Lovage

Stimulating Stress Reliever Blend

Jasmine Flowers & Lemon Peel

Spicy Citrus Blend

Lemongrass, Lavender Flowers &
Whole Cloves