

wellness Recipe

Lavender Tea

Research suggests that Lavender may be useful for alleviating anxiety, sleeplessness, depression and restlessness. Some also suggest that consuming lavender as a tea can help digestive issues such as vomiting, nausea, intestinal gas, and upset stomach.

INSTRUCTIONS

- Boil 8 oz. water
- Place 4 tsp. of fresh lavender buds into a tea ball or sachet
- Place the tea ball and water into a teacup
- Let steep for 10 minutes
- Enjoy!

