

# wellness Recipe

## Lemon Balm Healing Tea

Lemon balm has been cited for centuries as a specific remedy for melancholy and as a tonic herb for the nervous system, increasing memory, brain function, and longevity; and even skin outbreaks (including rashes) resulting from stress and tension.

### INSTRUCTIONS

- Steep two teaspoons of dried lemon balm per cup of water. Add sweetener and a splash of lemon juice for flavor.
- You can also try combining lemon balm and rose petals for a warm and sweet tea with a bit of lemony zing

