



## **Stress Relief**

“To calm nervous stress, try this relaxing tea. It is particularly delicious served iced or at room temperature.”

Brew 1 quart of extra-strong lavender tea and 1 quart extra-strong lemon balm tea, following the instructions for making an infusion... Make up 2 quarts of fresh lemonade (lemons, honey, and water to taste). Combine the lemonade with the teas and stir well.”

**\*\*Pour into popsicle molds and freeze for a relaxing treat.\*\***

### **For Loose-Leaf Infusions:**

“1. Put 4 to 6 tablespoons of dried herb (or 6 o 8 tablespoons of fresh herb) into a glass quart jar.

2. Pour boiling water over the herbs, filling the jar. Let steep 30-45 minutes. (The length of steeping time and the amount of herb you use will affect the strength of the tea.)

3. Strain and drink.”

R. Gladstar, *Rosemary Gladstar's Medicinal Herbs: A Beginner's Guide*