



Calm & Clarity Herbal Tea

Ingredients Directions

1 tsp tulsi (holy basil)
1 tsp lemon balm
½ tsp rose petals
Pinch of lavender (optional)
Optional: 1–2 fresh basil or mint
leaves

Steep 5–7 minutes in hot water. Sip
slowly in natural light.

Use morning or midday when feeling
unfocused or overstimulated.

Optional enhancement:

Pay attention to the feel of the warm cup in your hands and take a few deep
breaths.



Nervous System Nourish Herbal Tea

Ingredients Directions

1 tsp oatstraw or milky oats

1 tsp skullcap

½ tsp chamomile

Optional: pinch of fennel seeds or
rose petals

Steep 5–7 minutes in hot water. Sip in a
calm environment.

Use morning or midday when feeling
unfocused or overstimulated.

Optional enhancement:

Pair with a safely diluted calming essential oil on your wrists.



Stillness Herbal Tea

Ingredients Directions

1 tsp passionflower

½ tsp hops

½ tsp valerian

Steep 5–7 minutes in hot water. Sip in a comfortable, quiet place.

Use 30–60 minutes before bed.

Optional enhancement:

Reflect, pray, or practice gratitude while you enjoy your tea.