

INGREDIENTS FOR HERBAL COMMUNITY CARE KITS

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BATH SALTS

**Good to use for:
stress relief, pain, and aches,
and calming. Add a handful to
warm bath, relax and enjoy!**

**Ingredients:
Epson Salt,
Lavender Flower
Lavender Oil
Chamomile**



CALMING HERB TEA

Good to use for:
**Calming anxiety and restoring
peacefulness. Use one tablespoon
to one cup boiling water, let sit
covered for 5 minutes, strain, and
enjoy!**

Ingredients:
Mint
Skull Cap
Passion Flower
Chamomile



GROUNDING HERB TEA

**Good to use for:
Restoring feelings of
wholeness.**

**Use one tablespoon to one cup
boiling water, let sit covered for
5 minutes, strain, and enjoy!**

Ingredients:

**Tulsi
Cinnamon
Comfrey
Chamomile**



HERB BREATH STEAM

**Good to use for:
lung health, clearing sinuses,
and cough.**

**Add herbs to water on stove
and boil, remove from heat,
cover for a few minutes. Sit
with towel over head and
breath in the steam for 10-15
minutes.**

**Ingredients:
Thyme
Eucalyptus
Oregano**



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