Bliss Blend

This blend reaches all the senses of the body; the beautiful look of the colorful blossom, aromatic smell, soft to the touch and oh so delicious to the taste! It can be used to calm the nerves, relax tension and stress, help with sleep, and cool the body.

HERBS



1 part linden blossoms and bracts
1 part lemon balm
1 part chamomile
1 part rose petals
1 part lavender blossoms

DIRECTIONS

Because of the delicious taste it makes a wonderful tea and delightful extract. Prepare tea using either fresh picked blossoms or used dried herbs and mix together for year round goodness!

