

Lemon Balm Cooling Mist

Recipe by Seanna Cohen from Joyous Health

JOYOUS HEALTH

Ingredients:

- 1 cup of fresh, or 1/4 cup of dried lemon balm
- 1 cup of boiling water

Instructions:

1. In a glass jar, pour boiling water over lemon balm and let sit for 1 hour, or up to 24 hours.
2. Strain the tea and pour liquid into a glass spray bottle.
3. Spray liberally on face or body to cool and soothe overheated skin.
4. Keep in fridge for up to 2 weeks.