

Soothing Tea Bath

Recipe by Joy McCarthy from Joyous Health

JOYOUS HEALTH

Ingredients:

- 1 part lavender
- 1 part calendula*
- 1 part chamomile*
- 1 part lemon balm
- 1 part oats

Instructions:

1. Combine all ingredients in a mixing bowl.
2. Store in mason jar until ready to use. (Makes a great gift!)
3. When ready to take a bath, fill an empty unbleached paper or muslin tea bag and place in the bathwater.
4. Let steep until you and the tea are done!

Notes:

*Leave out if you have a ragweed allergy