



Pleasant Dreams

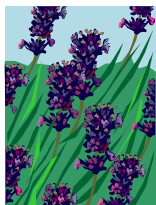
Mugwort, Rose petals,
Chamomile, Lavender flowers
Catnip, Mint

Sleep Potion Natural Sleep Aid

Skullcap, Valerian and
Passion flower

Insomnia Tea

Vervain leaves, Chamomile
Spearmint



Headache Tea

Lavender,
Chamomile
Rosemary, Mint



A sensuous, aromatic blend

Damiana leaves, Rose petals
Peppermint leaves, Muira
Puama, Gingko leaves, Orange
peel, Cinnamon



Crystal Arts & Health
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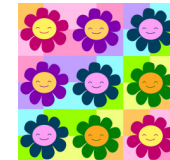
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Herbal Teas

Allergy Season Tea



Nettle, Peppermint,
Spearmint, Yerba santa,
Eyebright, Lemongrass
leaves, Calendula, Red
clover, Lavender flowers,
Fennel seeds

Spiced Relief



Anise seeds, Cinnamon,
Ginger, Echinacea



WALES CRAFT
COUNCIL MEMBER
AELOD O GYNGOR
CREFFT CYMRU

About the Product

Herbal teas are an excellent way to take herbs internally as well as for external use.

Eczema Relief Tea

Red Clover, Chickweed, Brew for 15 minutes, strained, put in bath, can also be drunk x 3 a day, ¼ dose for children under 6, ½ dose for children ages 6-12 for internal doses.

Compress for Aching Joints and Bones Tea

Meadowsweet, Yerba Mate and Wormwood. Make into a tea, strain and apply to aching joints and bones.

During cold or Sinus Season Tea

Thyme, Feverfew flowers, Peppermint leaves, Sage

My Nerves Are Shot Tea!

Uses: Sleeplessness and Insomnia, Job-related stress, Panic attacks

Chamomile, Jasmine, Hops, Lavender, Yerba Santa, Gota Kola, St. John's Wort

Less Stress Tea



Relieves stress, relaxes low back and neck areas.

Chamomile, Mint, Calendula

Bronchial Congestion Tea

Aniseed, Calendula flowers, Marshmallow root, Licorice root

Wise Woman Tea



A wonderful menopause tea. Gently calms, cools and balances.

Motherwort, Sage, Nettle, Lemon Balm, Chastetree berries, Horsetail.

Blossoms of Health Tea

A Popular Tea. Energizing and Uplifting.

Ginkgo leaves, Red clover Tops, Nettle leaves, Meadowsweet leaves, Calendula, Chamomile, Lavender flowers, Gotu Kola leaves