

Lesson Handout

Lavendar Linen Spray

Take one oz witch hazel, ten drops of lavender essential oil, and three oz distilled water. Add all the ingredients to a spray bottle and shake each time before using.



Sleep Tincture

Take three T dried catnip, four T dried chamomile flowers, three T dried lavender blossoms, one t. dried licorice root, and vodka.

Put herbs in a jar, cover with vodka. Then place the jar in a dark place for two weeks. Shake every two days. Afterwards, strain herbs and store tincture in a dropper jar.

To use: add ten to twenty drops to one quarter cup of water and drink. You can also add the drops to tea or any other drink you have before bed.