



Lavender Rose Tea

Lavender rose tea is a calming Ayurvedic herbal tea that supports relaxation and emotional balance.

Servings: 1-2

Preparation Time: 5-10 minutes



Ingredients

- 1 teaspoon dried **lavender flowers**
- 1 teaspoon dried **rose petals**
- 1-2 cups of boiling water

Instructions

- Pour boiling water over these herbs and steep for 5 minutes or more.
- Strain the herbs and enjoy without sweetener, or add a natural sweetener like maple syrup or honey.

Cooling Summer Nighttime Milk for Sleep (Cont.)



This recipe is appropriate for all dosha types in the warm, summer months. It may be too cool in the fall, winter, and spring unless there is a Pitta imbalance. Ginger or other warming herbs could be added to this if you feel chilled.

Ayurveda reminds us that the most potent ingredient in any recipe is the love and intention of the cook. May this practice serve you well.

*With love + wishes
for balanced Agni,
Belinda*

