

## Herbal Tea Blend: Tea of Happiness

**Function:** Uplifting & kind; Tends to be soothing on the emotional heart.

<u>HERB</u>	<u>WEIGHT</u>
• Chamomile (Chamomilla)	10g
• Lavender (Lavandula)	10g
• Lemon Balm (Melissa)	10g
• Lime Flower (Tilia europa)	10g
• Roses (Rosa spp.)	5g
	<b>Total: 45g</b>

### **Method:**

- A simple infusion/tea.
- Add 1-2 tsp per mug boiled water.
- Infuse for 5 mins. Strain.

**Dosage:** Consult the [tea/herbal infusion dosage chart for children](#) for a suitable amount relative to your child's age.

## Herbal Tincture Blend: Tincture of Happiness

**Function:** Uplifting & kind; Tends to be soothing on the emotional heart.

<u>HERB</u>	<u>VOLUME</u>
• Chamomile (Chamomilla)	20ml
• Lavender (Lavandula)	20ml
• Lemon Balm (Melissa)	20ml
• Lime Flower (Tilia europa)	20ml
• Roses (Rosa spp.)	10 ml
	<b>Total: 90 ml</b>

**Method:** Pour these tinctures into a 100 ml dropper bottle, put on the lid, and shake to mix them together.

**Bottle:** A dropper bottle with a pipette is ideal because it is easy to take drop dosages this way. A child shouldn't need more than drop dosages of this medicine.

**Dosage:** Consult the [tincture dosage chart for children](#) for a suitable amount relative to your child's age.