

Herb of the Week: LAVENDER



Health Benefits



DECREASES STRESS & ANXIETY
contains antioxidants that lower stress hormones. you can apply it topically or drink as tea for these benefits.

HAIR HEALTH

boosts health of follicle bed and hair when flowers are steeped and used as shampoo



SKIN HEALTH

lavender infused water provides relief to dry and irritated skin, including conditions like psoriasis, eczema, and acne



Kitchen Tips

DRINK IT AS A TEA

ADD TO HONEY & SAUCES

MAKE INTO SALAD DRESSINGS

ADD TO BEVERAGES