

## Kharizma's Floral Essence Infusion (Tea)

### Ingredients

-  6oz chamomile
-  1oz rose hips
-  1 oz calendula
-  2 oz lavender
-  2 oz holy basil flowers






### Directions

Mix all ingredients together, measuring by weight.  
Add 2 Tbsp to a tea bag and use.

It is recommended to bring hot water to a temperature of 212 degrees F. and pour over tea bag and let steep for 5 minutes before ingesting. Bonus points for cover your tea cup to allow all the essence of the steam to be trapped and left in your cup to drink.

## Kharizma's Get Rooted Infusion (Tea)

### Ingredients

-  1 part Turmeric Root
  -  1 part Roasted Dandelion Root
  -  1 part Ginger Root
  -  1/2 part Echinacea Root
  -  1/16 part Black Pepper
- For a wintertime twist add a broken cinnamon stick

### Directions

Mix all ingredients together, measuring by weight.  
Add 2 Tbsp to a tea bag and use.

It is recommended to bring hot water to a temperature of 212 degrees F. and pour over tea bag and let steep for 3-5 minutes before ingesting. Bonus points for cover your tea cup to allow all the essence of the steam to be trapped and left in your cup to drink.