



Herbal Infusion Instructions (Wellness Teas)

Use 1 heaping teaspoon of herbs to 8-10 oz of water.

Bring water to a boil.

Drop in herbs and cover the pot with a lid.

Turn off heat.

Let sit (steep) for 5-15 minutes.

Strain and drink 1 cup / 2x / day unless directed otherwise by your practitioner.

REFILLS/REORDERING: Please allow us 1-2 days to refill your order. Thank you.

Bloom + Reveal Botanicals
2821 Route 209, Kingston, NY 12401
845-687-6211 www.bloomreveal.com