

## SUNBURN BATH SOAK

Mix the following herbs:

¼ cup dried mint leaves

¼ cup dried calendula flowers/leaves

¼ cup dried chamomile flowers

¼ cup dried lemon balm leaves

¼ cup green tea leaves

Blend all dried ingredients together and store in a tightly fitting lidded jar. Use ½ to 1 cup in a small muslin bag per bath. Let steep in the bathtub.