

# Relaxing

## Tension and fatigue

### ► Benefits

It is highly recommended on states of irritability, tension, or fatigue. It also helps on gastrointestinal problems caused by nervousness and migraines.



### Action

The essential oil provides with notable sedative, antispasmodic, and muscular relaxing properties. It also presents an antibacterial action, due to the ingredient citral.

### Ingredients

Biological tea made out of herbs from *Melissa officinalis* (Balm).

### How to use it

Take this tea twice to three times per day, one of which should be preferably, before bed time. To place in a cup or teapot one or two tea bags per person. Pour over hot water and let it steep for 3 minutes. Sweeten it to taste and drink it. It could also be taken cold or iced.

### Presentation

Box with 25 tea bags of 1.5 g. Ecological filter unstapled tea bags, protected by an individual pouch.