

## WHITE JASMINE FLOWERS HERBAL TEA

### *Ingredients*

fresh White Jasmine blossoms (from a "Jasminum officinale" plant)  
hot water (around 80°C)



### *Method*

1. Pick a handful of fresh jasmine blossoms from your plant.
2. Boil water in a kettle and let it cool slightly to reach the desired temperature.
3. Place the jasmine flowers in a teacup.
4. Pour the hot water over the flowers.
5. Let the flowers steep for 2-3 minutes.
6. Carefully strain the tea leaves and flowers from the liquid.

### *Notes*

1. Jasmine flowers can be mixed with Green tea. Use ½ teaspoon of Green tea and ½ teaspoon of Jasmine tea into a pot for each person. Steep for 5 - 10 minutes.
2. Jasmine essential oil can be used in the bath, or vaporized in an oil burner. It can be added to a massage oil or cream. Already diluted in Sweet Almond Oil, use 6-8 drops per bath.