

7-DAYS TEA ROUTINE

YOUR BETTER SLEEP



MOLRITRAINING COMPANY





7-Days Bedtime Tea Plan



DAY 1: CHAMOMILE + HONEY TEA

- 1 tsp dried chamomile flowers or 1 tea bag
- Steep in hot water for 5-7 mins
- Add ½ tsp honey (optional)



DAY 2: TULSI GINGER TEA

- 8-10 fresh tulsi (holy basil) leaves
- 2 thin slices of fresh ginger
- Boil in 1 cup water for 5mins



DAY 3: CINNAMON-LAVENDER TEA

- 1 cinnamon stick (or ½ tsp powder)
- 1 tsp dried lavender (if available)
- Simmer in 1 cup water for 5 mins



DAY 4: MINT TEA

- fresh mint leaves
- Steep in hot water for 5 mins
- Add honey if you like



DAY 5: APPLE CINNAMON TEA

- ½ Apple Skin
- 2 Cinnamon Stick
- Stir and sip before bed



DAY 6: FENNEL & CHAMOMILE TEA

- 1 tsp fennel seeds
- 1 tsp dried chamomile
- Boil fennel seeds in water for 3 mins, turn off heat and add chamomile. Steep 5 mins.



DAY 7: TULSI + CINNAMON TEA

- 8 tulsi leaves
- 1 small cinnamon stick
- Simmer together in 1 cup water for 5 mins



HOW TO USE:

- Have your tea 30–45 minutes before bed.
- Sip slowly in a dim, relaxed environment.
- Avoid phones/screens while drinking.

LISTEN TO THIS IN BED

