

Spice Up Your Tea for Better Sleep

Enhance your nightly tea ritual with a splash and dash of ingredients that will help you get to sleep. Quality sleep is essential for overall well-being.

Step 1: Choose your favourite uncaffeinated tea. Chamomile and peppermint tea are popular choices.

Step 2: Try adding these ingredients to help you sleep.



- Lavender
 - If you have a loose-leaf tea diffuser, try adding some lavender buds to your diffuser. Lavender slows down the brain and induces drowsiness.
- Honey
 - Add a tablespoon of honey to your tea. Honey helps the brain release melatonin, a key hormone for sleep.
- Milk
 - Milk and plant milks are rich in tryptophan, an amino acid which helps boost melatonin. Add a splash of your favourite milk to tea before bed.
- Himalayan salt
 - Add a pinch of Himalayan salt to your tea. This salt is rich in magnesium which increases relaxation – perfect for bedtime!
- Coconut oil
 - Add half a teaspoon of coconut oil to warm tea. Coconut oil is a healthy fat which helps produce hormones important for sleep.

Make tea part of your bedtime ritual and experiment with different flavours for a good night sleep!



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