

Cedar Tea Recipe

**Cedar tea has lots of health benefits for the mind and body.
Use this recipe to make a calming tea or to prepare a calming bath.**

Enjoy

Prepare a large pot of fresh water or 1 gallon of Spring water. Bring to a boil.

Add 5x the size of your palm of cedar to the water. Turn down the flame to a slow simmer.

Continue brewing with a cover on the pot of Cedar for 20 minutes.

Turn off the flame and let steep for approximately 2 hours.

Prepare your bath tub – a clean tub is best.

Fill your tub with warm bath water and add your Cedar water after tub is ready.

Do not use soaps.

Prepare yourself with a beautiful smudge – Either Sage or Sweetgrass.

Enter the water and submerge your body completely – including your head and your hair.

Turn on whatever music you find relaxing and rest.

Give thanks and gratitude for the medicine and let all of your troubles and aches go.

You can take a second and third bath using the same Cedar boughs. When the Cedar is faded in color, put it outside on clean earth. Return the Cedar to Mother Earth.

You can also set aside a cup of the Cedar tea for drinking. You can also use the recipe for just cedar tea.

Recipe prepared by Donna LaChapelle