

# Sleep Tight



**Brand:** Cha Fine Teas  
**Product Code:** CFT-013  
**Availability:** 20  
**Weight:** 3.00oz

**Price: \$13.99**

## Short Description

Herbal Tisane

## Description

Soothing chamomile and lavender married with delicious spearmint. Chamomile's renowned calming effects make it the perfect addition to a cup of tea before bed.

1 teaspoon per 8oz of boiling water for 5-7 minutes.