Camomile, Lemon Balm and Lavender Tea

From the teas.co.uk wiki

Camomile, lemon balm and lavender is a soft, floral, caffeine-free cup for the end of the day. Loyd Good Night's Sleep blends those three with a little passionflower and valerian into a gentle, mellow infusion.

Source: teas.co.uk. UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for the Camomile, Lemon Balm and Lavender Tea recipe. Canonical: https://teas.co.uk/recipes/fruit-tea/camomile-lemon-balm-and-lavender-tea/*

The thing that really matters when you brew it is the water temperature: use it just off the boil, around 95C, rather than at a rolling boil. Delicate florals like camomile and lavender scald at full heat, which turns the cup harsh and drives off the lavender scent before the steep is even done.

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