Brewing Twinings Quiet Mind (Camomile and Lavender)

From the teas.co.uk wiki

Twinings Quiet Mind is a caffeine-free herbal: camomile leads, a delicate lavender sits in the middle, and lemon balm and peppermint freshen the finish. The lavender is what marks it out, so it pays not to over-brew it. It wants five minutes of steeping in just boiled water.

Source: teas.co.uk. UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for the Brewing Twinings Quiet Mind (Camomile and Lavender) recipe. Canonical: https://teas.co.uk/recipes/camomile-tea/brewing-twinings-quiet-mind-camomile-and-lavender/*

Makes one cup. Milk is not needed; honey, a little of it, makes it sweeter.

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