**Relieve Stress**

Ingredients

Ginger

Sugar

Sea Salt

Lemon

Cardamom

Chamomile Tea

There are several ways to utilize this spell:

1. Draw a bath and add three chamomile tea bags, a whole ginger root, three fistfuls of sugar, three fistfuls of salt, a teaspoon of cardamom seeds, and the juice of a whole lemon. Relax and soak in the tub.

2. Brew a cup of chamomile tea add a pinch of salt, cardamom, and ginger. Then add lemon and sugar to taste. Drink tea before, during or after a stressful situation.

3. This preparation is used as a massage therapy for muscle tension in the body. Brew the tea as described above, but do not add the salt. Fill an empty mayonnaise jar with sea salt and then pour the tea over it. Shake well. You now have a salt rub to use on specific areas of your body that hold tension and stress.