

# *Rejuvenating* Electrolyte Blend

Prepare an Herbal Sun Tea with 1 ounce of each of the following herbs from [Oshala Farm](#):

- Hibiscus
- Lemon verbena
- Lemongrass
- Tulsi
- Spearmint or Peppermint
- Rosehips

Mix in a pinch of lavender and add herbs to 2 gallons of water. Steep in room temp water in the sun for 2 hours or in a pot of hot water for 30 min. Strain and pour into large decanter.

Next, make a Salty Syrup using:

- 8 cups water
- 4c sugar
- 2c sea salt

Bring water to a simmer, add sugar and salt, then simmer down to a clear syrup.



Next, prepare:

- 2 quart fresh lime juice or 10-12 fresh squeezed limes
- 2 quart Aloe Vera JUICE\*

\*NOT ALOE GEL = purgative!

Finally, add all ingredients together and put in the large decanter with ice.

- Optional: add 4ml Peppermint Spirits, Neutralizing Cordial, or the like

To enjoy, dilute 1 ounce of electrolyte concentrate into 16 ounces of water. Drink all day to stay hydrated and rejuvenated!

***We recommend getting your herbs from Oshala Farm!***

