Videos link

Tulsi

<https://www.youtube.com/watch?v=Ln3W9k9GVIE>

aloe vera

<https://www.youtube.com/watch?v=E7cUF6FIBZQ>

peppermint

<https://www.youtube.com/watch?v=6_3aM1QkWCY>

lavender

<https://www.youtube.com/watch?v=fj7h5E_E-5w>

**German Chamomile**

<https://www.youtube.com/watch?v=jktsp92FLUo>

Ashwagandha

<https://www.youtube.com/watch?v=R8H1ONNZNo4>

**Echinacea**

<https://www.youtube.com/watch?v=HcPbo-qcrtc>

calendula

<https://www.youtube.com/watch?v=nofQ9BV7bcs>

lemon balm

<https://www.youtube.com/watch?v=w0DybIZ8bKY>