

Design your own blend

Start with the question: **WHAT IS THIS TEA FOR?**

Now choose herbs that fit the role for each part of the blend.

Base Herb	
Support Herb	
Accent Herb	
Digestive Herb	
Additional (Optional) Herb #1	
Additional (Optional) Herb #2	



What would you change, and why?

Blending Tips

BLEND WITH CURIOSITY



KEEP TASTING & LEARNING

THINK IN LAYERS

Start with the base, add the herb that gives the blend its purpose, then build flavour and aroma around it.

RESPECT STRONG FLAVOURS

Herbs such as ginger, peppermint, lavender, fennel or liquorice can quickly dominate a blend. Add them gradually.

KEEP A RECORD

Write down the exact herbs, weights and date. This makes it much easier to reproduce a blend you love.

STORE CAREFULLY

Keep dried herbs in clean, dry, airtight containers away from direct sunlight, heat and humidity. Label every blend clearly.

BASIC SAFETY

“Natural” does not automatically mean suitable for everyone. Herbs can have potent effects and some may interact with medicines or be unsuitable during pregnancy, breastfeeding, before surgery, or with particular health conditions. Always use herbs from a reliable source and follow appropriate identification, preparation and dosage guidance. If you take medication, or have a medical condition, check with an appropriately qualified healthcare professional before regularly using medicinal herbal preparations.

	BASE	SUPPORT	DIGESTIVE	ACCENT
ROSE PETALS				●
LAVENDER		●		●
HIBISCUS		●		●
CALENDULA	●	●		●
CHAMOMILE	●	●		
LEMON BALM	●	●		●
NETTLE	●	●		
DANDELION	●	●	●	
FENNEL			●	●
GINGER		●	●	
TURMERIC	●	●		
CINNAMON			●	●