

CREATE YOUR OWN HERBAL TEA BLEND

A simple traditional 4-part formula

BASE

40-60%

SUPPORT

20-40%

ACCENT

10-20%

DIGESTIVE

10-20%

1 BASE

The foundation of the blend.
Mild • neutral • nourishing

Examples: Nettle • Tulsi

2 SUPPORT

Choose the herb for your
main purpose or intention.

Examples: Chamomile • Lemon Balm

3 ACCENT

Adds aroma, colour & flavour.
Give your blend personality.

Examples: Mint • Rose • Lavender

4 DIGESTIVE

Traditionally included to aid
digestion and complement the blend.

Examples: Ginger • Fennel

START WITH THE FORMULA • THEN TASTE & ADJUST

50% Base • 25% Support • 15% Accent • 10% Digestive

Percentages are guidelines — strong herbs and flavours may need less.

A traditional 100g formula

Starting with a 100g batch makes the percentages and ratios much easier to understand. Once you are confident, you can scale the same proportions up or down. You can then adjust by adding additional herbs into the blend.

Component	Starting %	100g batch
Base	50%	50g
Support	25%	25g
Accent	15%	15g
Digestive	10%	10g
TOTAL	100%	100g

Remember, the percentages can always be adjusted to suit your needs and taste. If one herb has a particularly strong flavour or action, you may decide to use less. If a blend tastes too flat, a small amount of aromatic accent can make a big difference.

START GENTLY → BLEND → TASTE → ADJUST

1. Weigh each herb separately.
2. Combine in a clean, dry bowl.
3. Mix thoroughly without crushing delicate leaves or flowers.
4. Taste a small test infusion before making a large batch.
5. Store the finished blend in an airtight container away from heat, light and moisture.
6. Always label carefully with details of the individual herbs, date and batch number.