Top 8 Herbal Tea Blends

Nature's simple remedies in a cup

SIMPLE BLENDS FOR EVERYDAY WELLBEING

Sip Blend Feel the Difference



1 CALMING
Chamomile

- Calming
- Stress relief
- Better sleep

Rest a calmer mind

Alternatives: Lavender or Tulsi



2 EASING
Peppermint

- Ease digestion
- Reduce bloating
- Soothe the gut

A happier tummy

Alternatives: Fennel or Anise



3 BOOSTING
Echinacea

- Boost immunity
- Support natural defences
- Help you stay well

Stronger for life

Alternatives: Ginger or Thyme



4 RELAXING
Lemon Balm

- Relaxing
- Calm nerves
- Improve sleep

Find your calm

Alternatives: Valerian



5 REFRESHING
Hibiscus

- Rich in Vitamin C
- Antioxidant
- Bright, refreshing and uplifting

A vibrant you

Alternatives: Rose or Rosehip



6 SOOTHING
Eucalyptus

- Clear sinuses
- Relieve coughs
- Support respiratory health

Breathe more easily

Alternatives: Thyme



7 CLARITY
Nettle

- Mineral rich
- Improve energy
- Support overall vitality

Nourish Energise Thrive

Alternatives: Tulsi or Lemon Verbena



8 WARMING
Cloves

- Boost immunity
- Lift mood
- Warm and comforting

Warmth for body and soul

Alternatives: Cinnamon

Herbal Tea for a Healthier, Happier You

BLEND • SIP • NOURISH • ENJOY