SIMPLE PLANTS — DEEPER WELLBEING

HERBAL TEA BLENDING

A PRACTICAL GUIDE TO KEY HERBS

Create nourishing tea blends for health, balance and everyday wellbeing

EXPLORE 12 KEY HERBS

Learn how to combine them for delicious and effective blends

- PROPERTIES
- TRADITIONAL USES
- BLENDING TIPS
- EVERYDAY RECIPES



KEY HERBAL PROFILES | BLENDING GUIDANCE | PRACTICAL RECIPES | SUPPORT FOR YOUR WELLBEING

DR LESLEY HUNTER

01

SIMPLE
PLANTS
DEEPER
WELLBEING

ROSE PETALS

BEAUTY • BALANCE • WELLBEING

A fragrant addition to your tea blends, rose petals bring beauty, calm and a gentle lift to both body and mind.



BLENDING ROLE
Accent

AFFINITY
Nervous system,
Digestive system

TRADITIONAL QUALITIES
Relaxing, uplifting and gently soothing.

IN A BLEND

Rose is best suited as an accent because it can add so much to the sensory experience as well as providing its renowned herbal qualities.

THE STORY

Rose brings so much to a blend – a beautiful aroma, colour and a lovely soft flavour. Traditionally, rose has been associated with the heart and emotional wellbeing, and it can also bring a gentle, soothing quality to digestive blends.

02

SIMPLE
PLANTS
DEEPER
WELLBEING

LAVENDER

CALM • BALANCE • CONNECTION

A beautiful aromatic herb that brings a sense of calm and a touch of floral beauty to your tea blends.

BLENDING ROLE
Support, Accent

AFFINITY
Nervous system,
Digestive system

TRADITIONAL QUALITIES
Calming, relaxing,
aromatic

IN A BLEND

A little lavender can bring both aroma and a calming character to a blend.



THE STORY

Lavender is another beautiful aromatic herb. Its strongest role in blending is often an accent because the flavour can be quite powerful, but it can also be used as a support herb to create a calming floral blend. Traditionally, lavender is associated with relaxation, stress and calm but it can also be used in connection with digestive comfort. A little lavender can bring both aroma and a calming character to a blend.

03

SIMPLE
PLANTS
DEEPER
WELLBEING

HIBISCUS

VIBRANT • REFRESHING • NOURISHING

A beautiful, vibrant herb that brings colour, vitality and a refreshing lift to your tea blends.

BLENDING ROLE
Accent, Support

AFFINITY
Cardiovascular system

TRADITIONAL QUALITIES
Antioxidant, refreshing, cooling

IN A BLEND

Hibiscus adds beautiful colour, a tart, refreshing flavour and antioxidant support, making it a wonderful addition to both everyday and therapeutic blends.



THE STORY

Hibiscus is one of the great colour infusing herbs. Its deep red petals produce a beautiful ruby infusion. It has a wonderfully tart, refreshing flavour that can be a little bitter. It is often included in blends focused on antioxidant support and cardiovascular wellbeing, particularly healthy blood pressure.

04

SIMPLE
PLANTS
DEEPER
WELLBEING

CALENDULA

SOOTHE • RESTORE • BRIGHTEN

Golden petals, gentle power – calendula brings sunshine, soothing care and a touch of natural beauty to your tea blends.



BLENDING ROLE

Base, Support, Accent

AFFINITY

Digestive system, skin, Lymphatic system

TRADITIONAL QUALITIES

Soothing, anti-inflammatory

IN A BLEND

Calendula is neutral enough to form a base, but it generally acts as a gentle support herb or can be used as an accent to add colour and a soft floral quality.

THE STORY

Calendula's golden petals brings sunshine into a tea blend. Traditionally its valued for its soothing qualities, particularly around inflammation and the skin and mucous membranes.
In blending, it is neutral enough to form a base but it generally acts as a gentle support herb or can be used as an accent to add colour and a soft floral quality.

05

SIMPLE
PLANTS
DEEPER
WELLBEING

CHAMOMILE

CALM • SOOTHE • RESTORE

A gentle, timeless herb that brings comfort, calm and a sense of balance to your tea blends.



BLENDING ROLE
Base, Support

AFFINITY
Nervous system, digestive system

TRADITIONAL QUALITIES
Calming, soothing, anti-inflammatory

IN A BLEND

Chamomile is gentle enough to form a base but also works beautifully as a support herb, making it a wonderful addition to both everyday and therapeutic blends.

THE STORY

Chamomile is one of the classic herbs for tea blends. It is gentle enough to form a base but also works beautifully as a support herb. It is traditionally associated with relaxation and calming the nervous system but is also a digestive herb – useful when wanting a blend that is soothing and settling.

06

SIMPLE
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LEMON BALM

CALM • UPLIFT • RESTORE

A fresh, fragrant herb that brings a sense of calm, lightness and balance to your tea blends.



BLENDING ROLE
Base, Support, Accent

AFFINITY
Nervous system, digestive system

TRADITIONAL QUALITIES
Calming, uplifting, soothing

IN A BLEND

Lemon balm is versatile and can form a base, but it also works beautifully as a support herb or an accent, adding a fresh, lemony note and a calming quality to many blends.

THE STORY

Lemon balm is a wonderfully fragrant herb with a gentle, lemony flavour. Traditionally, it has been valued for its calming and uplifting qualities, particularly for the nervous system, helping to ease stress and promote a sense of wellbeing. It is also a digestive herb, useful when wanting a blend that is soothing and settling. In blending, lemon balm is versatile – it can form a base, work as a support herb or be used as an accent to add its fresh flavour and gentle herbal qualities.

07

SIMPLE
PLANTS
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NETTLE

NOURISH • STRENGTHEN • SUPPORT

A resilient, nutrient-rich herb that brings strength and vitality to your tea blends.



BLENDING ROLE
Base, Support

AFFINITY
Urinary system, Musculoskeletal system

TRADITIONAL QUALITIES
Nutritional (mineral rich), nourishing, restorative

IN A BLEND

A wonderful foundation herb, particularly useful as a base for blends to feel nourishing and supportive. Nutrient rich offering minerals and overall vitality.

THE STORY

Nettle is a wonderful foundation herb, traditionally valued for its nourishing and restorative qualities. It is particularly useful as a base for blends, helping to create teas that feel strengthening and supportive. Nettles are nutrient rich, offering minerals and overall vitality, and have long been used to support the urinary system and musculoskeletal health.

08

SIMPLE
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DANDELION

PURIFY • DIGEST • RESTORE

A humble wild herb with powerful benefits that supports digestion, detoxification and natural vitality.

BLENDING ROLE
Base, Support, Digestive

AFFINITY
Digestive system, urinary system, liver support

TRADITIONAL QUALITIES
Bitter tonic, digestive, diuretic

IN A BLEND

Dandelion's gentle bitterness brings balance to a blend. It works well as a base herb and pairs beautifully with sweeter or more aromatic herbs to create a nourishing, cleansing-style tea.



THE STORY

Dandelion can bring bitterness and this has an important place in a herbal blend. It is associated with digestion, appetite and liver function.
It is also traditionally used as a gentle diuretic. Dandelion can form part of a more earthy, cleansing-style blend, especially when balanced with sweeter or more aromatic herbs.



09

SIMPLE
PLANTS
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WELLBEING

FENNEL

SOOTHE • DIGEST • BREATHE

A sweet, aromatic herb that brings comfort, balance and gentle warmth to your tea blends.



BLENDING ROLE
Digestive, Accent

AFFINITY
Digestive system, respiratory system

TRADITIONAL QUALITIES
Carminative, warming, aromatic, sweet

IN A BLEND

Fennel's sweet, aromatic flavour can soften and balance a blend. It works well as a digestive herb and is a wonderful accent, adding a gentle sweetness and warmth to many herbal teas.

THE STORY

Fennel is a renowned digestive herb with a sweet flavour that is excellent to soften a blend. Traditionally used for bloating, gas and digestive discomfort, it can also contribute to a lovely respiratory blend because of its aromatic and warming character.

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SIMPLE
PLANTS
DEEPER
WELLBEING

GINGER

WARM • DIGEST • ENERGISE

A warming, invigorating herb that brings comfort, spice and vitality to your tea blends.



BLENDING ROLE

Digestive, Support

AFFINITY

Digestive system,
Circulatory system,
Respiratory system

TRADITIONAL QUALITIES

Warming, digestive, stimulating

IN A BLEND

Ginger adds warmth, spice and depth to a blend. It works well as a digestive herb and is a valuable support herb, especially in blends for circulation and respiratory health.

THE STORY

Ginger is a much-loved herb with a warming, spicy flavour. Traditionally used for digestion, it is well known for helping to ease bloating, nausea and digestive discomfort. Its warming and stimulating qualities also make it valuable for supporting circulation and respiratory health, particularly during the colder months. Ginger brings a vibrant, energising note to tea blends and pairs beautifully with both floral and citrus herbs.

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SIMPLE
PLANTS
DEEPER
WELLBEING

TURMERIC

SUPPORT • RESTORE • BALANCE

A golden root that brings warmth, resilience and balance to your tea blends.



BLENDING ROLE
Base, Support

AFFINITY
Digestive system, Musculoskeletal system, Liver support

TRADITIONAL QUALITIES
Warming, antioxidant, anti-inflammatory

IN A BLEND

Turmeric adds depth, warmth and a beautiful golden colour to a blend. It works well as a base herb and is also a valuable support herb, especially in blends for digestion, joint support or overall wellbeing. It pairs particularly well with warming spices such as ginger and cinnamon.

THE STORY

Turmeric is a treasured herb with a long history of use in traditional medicine. Its warming nature supports digestion and helps maintain a healthy inflammatory response. Turmeric is also valued for its antioxidant properties and is traditionally used to support joint and musculoskeletal health. It is considered a liver-supporting herb and can be a wonderful addition to blends aimed at overall vitality and wellbeing.



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SIMPLE
PLANTS
DEEPER
WELLBEING

CINNAMON

WARM • SPICE • INVIGORATE

A warming, aromatic spice that brings comfort, flavour and vitality to your tea blends.



BLENDING ROLE
Digestive, Accent

AFFINITY
Digestive system, Circulatory system

TRADITIONAL QUALITIES
Warming, aromatic, stimulating

IN A BLEND

Cinnamon adds warmth, depth and natural sweetness to a blend. It works particularly well as an accent herb, enhancing flavour while supporting digestion and circulation. A little goes a long way and it pairs beautifully with both floral and fruity herbs.

THE STORY

Cinnamon is a much-loved spice with a long history of use in traditional medicine. Its warming and aromatic nature helps to support digestion and can be beneficial for circulation. It is stimulating and invigorating, making it a valuable addition to herbal tea blends, especially during the colder months. Cinnamon also brings a naturally sweet, comforting flavour that enhances the overall taste and aroma of a blend.

