

3 Tea Blends for All Day Wellness

Energize • Digest • Relax

Morning Tea Blend for Energy Boost



Peppermint • Lemon Balm • Ginger

Refreshes the mind & uplifts the body.

After-Meal Digestion Blend

Peppermint • Fennel • Ginger

Soothes the stomach & aids digestion.



Evening Tea Blend for Relaxation

Chamomile • Lavender • Lemon Balm

Calms the mind & promotes restful sleep.



Use 1–2 tsp of tea per cup (250 ml).

**Pour hot water and steep: Energy Boost: 5–7 min,
Good Digestion: 5–7 min, Relaxing Time: 7–10 min**