

HERBAL WELLNESS teas

Five blends to keep on hand this season



ORGANIC INDIA TULSI TEA, ORIGINAL

Tulsi (also known as Holy Basil) is considered "The Queen of Herbs." Native to India and used for thousands of years, it is revered as a sacred plant infused with healing power.

GOOD FOR STRESS.

Tulsi is abundant in antioxidants and relieves stress and related symptoms like depressed mood and low energy, and supports immunity.

HOW TO USE

Steep loose-leaf tea (1 Tbs. per cup, or use a tea ball or basket), for 5–10 minutes, or longer for a more potent brew.



RISHI TEA TANGERINE GINGER

Stimulating ginger root and wild-harvested Schizandra berries are balanced with the natural essential oils of citrus fruits and rare herbs.

GOOD FOR IMMUNITY/

RELAXATION. Ginger is an adaptogen that bolsters immunity, and in Chinese medicine, Schizandra is used to treat coughs. The citrus aroma is calming.

HOW TO USE

Heat water to 212°F (boiling). Use 1 Tbs. leaves per 8 oz cup. Infusion Time: 4–5 minutes.



TRIPLE LEAF DETOX TEA

A blend of more than 20 detoxifying herbs including red clover, dandelion, ginger, Chinese licorice, and burdock.

GOOD FOR CLEANSING.

Support the healthy function of the liver, kidneys, lungs and blood, and to cleanse the body of toxins, help promote clear, healthy skin, increase the flow of energy (chi) to the body and mind, and promote calmer, more positive and peaceful emotions.

HOW TO USE

Pour 1 cup of boiling water over a tea bag. Let steep 10–15 minutes or longer. Squeeze tea bag gently into the cup, or leave in cup as drinking. A tea bag can be re-used to extract more herbal benefits.



REPUBLIC OF TEA GET SOME Zzz's No. 5

Organic rooibos, soothing chamomile, passionflower, and valerian.

GOOD FOR SLEEP/

INSOMNIA. This blend of herbs helps lull you gently to sleep without interfering with REM sleep like some sleeping pills.

HOW TO USE

Simply heat fresh, filtered water to a rolling boil. Then pour water over tea and steep for 5–7 minutes if using a tea bag or full-leaf.



ZHENA'S GYPSY Tea Açai Berry

Lush Brazilian Acai berry is blended with antioxidant rich South African Rooibos and enriched with the bright lively notes of lemon grass, mandarin orange, and juicy peach.

GOOD FOR WEIGHT LOSS/OVERALL HEALTH.

A naturally sweet and satisfying cup abundant in health promoting properties, with zero caffeine.

HOW TO USE

Steep according to package instructions and personal taste. Sip and enjoy!