



meet the herbs!



Chamomile — Floral, honey-sweet with notes of fresh hay and apple

- Calms anxiety & promotes deep sleep
- Relieves bloating & cramping
- Anti-inflammatory: reduces systemic inflammation

Lemon Balm — Lemon zest with mint undertones and grassy freshness

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- Relieves bloating & cramping
- Anti-inflammatory: reduces systemic inflammation

Peppermint — Intense menthol with sweet, cooling sharpness

- Relaxes intestinal muscles & relieves indigestion
- Eases menstrual cramps & headaches
- Settles nausea & motion sickness

Raspberry Leaf — Vegetal and grassy with subtle berry notes and gentle tannins

- Supports hormone balance throughout menstrual cycle
- Mineral-rich: iron, calcium, magnesium & B vitamins
- Strengthens & tones reproductive tissues

Tulsi (Holy Basil) — Peppery basil with warm clove, hints of licorice and camphor

- Builds resilience to physical & emotional stress
- Strengthens immune system & reduces inflammation
- Enhances mental clarity & emotional balance

How to brew your tea : Use 2 teaspoons per cup of hot water • Steep 5-10 minutes, covered.

*Educational purposes only. Not intended to diagnose, treat, or cure any condition. Consult your healthcare provider if pregnant, nursing, on medications, or have health concerns.