

# Tea Blends Menu

- Shipping within Canada only, I can put up to 3 tea blends letter mail for \$7 shipping.
- If you order more, it will be Canada prepaid boxes: \$20, \$23, \$26 or \$29 shipping fees.
- All payments by Etransfer to malikasellami@yahoo.ca
- Free deliveries in Saskatoon on certain days on all orders over \$60.
- Also available: Beef Tallow balms, Yoni Steams, Solo herbs, Smoking blend, Smudge blends, Clearing Fans, etc.

## 1. Wild Heart Tea Blend \$15

Purpose: Nourishes the blood, soothes the nervous system, and brings clarity.

Ingredients: Nettle, rose hip, linden flower, rose petals, yarrow, sea buckthorn leaves, spearmint.

## 2. Focus Pocus Tea Blend \$16

Purpose: Herbal magic for clarity, creativity, and mental mojo.

Ingredients: Tulsi, peppermint, moringa, calendula, rose petals, licorice root.

## 3. Moon Time Tea Blend \$15

Purpose: Mineral-rich, womb-loving, hormone-balancing, cramp-easing, and replenishing.

Ingredients: Raspberry leaf, oat straw, red clover, spearmint, yarrow, catnip, horsetail, spruce tips.

## 4. Fountain of Youth Tea Blend \$17

Purpose: Supports cellular vitality, hormonal harmony, and graceful aging.

Ingredients: Saskatoon berries (in season) or wild blueberries, yarrow, red clover, nettle, goji berries, raspberry leaf, spearmint, cinnamon bark.

## 5. Inner Bloom Tea Blend \$15

Purpose: Detoxifying, balances pH levels, renews energy flow, and supports adrenals.

Ingredients: Milk thistle seed, licorice root, lemon balm, St. John's wort, star anise, ashwagandha.

## 6. Moonlight Dreamer Tea Blend \$17

Purpose: Calms nervous system, opens the heart, grounds, eases tension, and invites deep rest.

Ingredients: Chamomile, lemon balm, mulberries, damiana, marshmallow root, turmeric root, burdock root.

### **7. Immunita Tea Blend \$17**

Purpose: Supports immunity, strengthens the body's defence, and promotes respiratory health.  
Ingredients: Elderberry, astragalus, mullein, Scots pine, spruce tips, yarrow, oregano, hibiscus.

### **8. Mama Nourish Tea Blend \$15**

Purpose: Mineral-rich, heart-soothing and womb-supporting.  
Ingredients: Raspberry leaf, lemon balm, rose, hibiscus, calla lilac, mullein, fennel, alfalfa.

### **9. Serenitea Blend \$15**

Purpose: Supports digestion, soothes the nervous system, and reduces inflammation.  
Ingredients: Ginger root, lemon verbena, tulsi, raspberry leaf, peppermint.

### **10. Gentle Flow Tea Blend \$14**

Purpose: Cooling, clearing, grounding, supports lymphatic flow, liver health, and immune resilience.  
Ingredients: Cleavers, clover, calendula, spearmint, dandelion root, Scots pine needles.

### **11. Clear Lungs Tea Blend \$15**

Purpose: Respiratory support, throat soothing, and anti-inflammatory.  
Ingredients: Marshmallow root, mullein, licorice root, oregano, ginger root, spearmint.

### **12. Crystal Vision Tea Blend \$17**

Purpose: Opens inner energetic channels, deepening intuition, clarity and truth.  
Ingredients: Damiana, mugwort, rose petals, chamomile, calendula, oat straw, horsetail.

**All ingredients organic or wild harvested on the land where I live, near Cudworth SK**  
**Thank you for your support with my small batch high frequency business~**

**Malika Sellami**  
**Wild Ancestral Nourishment**  
**[thechantingqueen.com/wildancestralnourishment](http://thechantingqueen.com/wildancestralnourishment)**