

## **Tea Blends Menu**

**Sent within Canada, I can put up to 3 tea blends lettermail for \$5 shipping. All payments by Etransfer.**

### **1. Wild Heart Tea Blend \$14**

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 \$14**

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

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

### **3. Moon Time Tea Blend \$14**

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 \$15**

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

Ingredients: Saskatoon berries, 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 \$15**

Purpose: Calms the 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 Blend \$15

Purpose: Supports immunity, strengthens the body's defenses, 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 \$14

Purpose: Supports digestion, soothes the nervous system, and reduces inflammation.

Ingredients: Ginger root, lemon verbena, tulsi, raspberry leaf, peppermint.

#### 10. Gentle Flow Tea Blend \$13

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 \$13

Purpose: Respiratory support, throat soothing, and anti-inflammatory.

Ingredients: Marshmallow root, mullein, licorice root, oregano, ginger root,

spearmint.