

# TEA MENU



<b>Bergamot</b>	Digestion, lowers cholesterol, brain health, acid reflux, immunity booster, energy booster, weight loss, skin support, constipation, hydrates
<b>Black tea</b>	Digestion, blood sugar, lowers cholesterol, brain health, heart health, improves blood pressure
<b>Butterfly pea</b>	Eye support, skin support, improves blood pressure, hair support, lung support, brain health
<b>Cat's claw</b>	Digestion, brain health, immune support, improves blood pressure
<b>Chaste tree</b>	Women's health
<b>Cinnamon</b>	Blood sugar, anti inflammatory, lower cholesterol
<b>Earl Grey</b>	Digestion, brain health, immune booster, energy booster, weight loss, hydrates, skin support
<b>Echinacea</b>	Immune booster, respiratory health, digestion, anti-inflammatory, brain health, skin, anti-aging
<b>Fennel</b>	Digestion, weight loss, immunity booster, energy booster, women's health, respiratory health, eye support, detox, improves blood pressure, diuretic
<b>Ginger</b>	Digestion, anti-inflammatory, lower cholesterol, brain health, immunity booster, weight loss, women's health, pain relief, heart support
<b>Green Tea</b>	Heart support, anti-aging, weight loss support, immune support, brain health, anti-inflammatory, blood sugar
<b>Hibiscus</b>	Lower blood pressure, lower cholesterol, support liver, immunity booster
<b>Holy Basil</b>	Digestion, blood sugar, anti-inflammatory, lower cholesterol, brain health, immunity booster, weight loss support, skin support, respiratory support, eye support, detox
<b>Jasmine</b>	Liver support, relaxation, brain health, digestion
<b>Lavender</b>	Relaxation, brain health, women's health, sleep support, skin support
<b>Lemongrass</b>	Pain relief, sleep support, brain health, anti-inflammatory
<b>Marshmallow Root</b>	Digestion, blood sugar, acid reflux, immunity booster, weight loss, women's health, skin support anti-aging, constipation, detox, liver support pain relief, heart support
<b>Milk thistle</b>	Detox, liver support
<b>Mugwort</b>	Diuretic, women's health, energy booster, brain health, digestion
<b>Nettle</b>	Blood sugar, anti-inflammatory, pain relief
<b>Peppermint</b>	Digestion, respiratory, anti-inflammatory, brain health, pain relief, sleep support, women's health, weight loss, skin support, immune support, relaxation, brain health
<b>Raspberry leaf</b>	Women's health support, improves blood pressure
<b>Rooibos Tea</b>	Improves blood pressure, women's health support, energy booster, brain health, lower cholesterol, blood sugar
<b>Rose</b>	Hydrates, respiratory support, skin support, sleep support, women's health, immunity booster, brain health, digestion
<b>Sarsaparilla</b>	Anti-inflammatory, immunity booster, skin support, liver support
<b>Turmeric</b>	Pain relief, eye support, immunity booster, brain health, lower cholesterol, anti-inflammatory



Pick 3 Teas for \$4.00 - Extra: \$0.50 each

**Acid Reflux**

Bergamot  
Marshmallow root

**Anti-inflammatory**

Cinnamon  
Turmeric  
Green Tea  
Ginger  
Sarsaparilla  
Nettle  
Holy Basil  
Lemongrass  
Peppermint  
Echinacea

**Blood sugar**

Cinnamon  
Black Tea  
Robots  
Nettle  
Holy Basil/Tulsi  
Marshmallow root  
Ginger  
Green Tea

**Brain Health**

Black Tea  
Butterfly Pea  
Cat's Claw  
Earl Grey  
Echinacea  
Ginger  
Green tea  
Holy Basil  
Jasmine  
Lavender  
Lemongrass  
Bergamot  
Mugwort  
Peppermint  
Rose  
Rooibos Tea  
Turmeric

**Constipation**

Bergamot  
Marshmallow

**Detox**

Milk thistle  
Hibiscus  
Holy Basil  
Marshmallow  
Fennel

**Digestion**

Bergamot  
Black tea  
Cat's claw  
Earl grey  
Ginger  
Holy Basil  
Jasmine  
Marshmallow root  
Peppermint  
Turmeric  
Echinacea  
Fennel  
Mugwort  
Rose

**Diuretic**

Mugwort  
Fennel

**Energy Booster**

Bergamot  
Earl grey  
Fennel  
Rooibos  
Peppermint  
Mugwort

**Eye Support**

Butterfly Pea  
Fennel  
Holy Basil  
Turmeric

**Heart**

Black tea  
Butterfly Pea  
Ginger  
Green tea  
Marshmallow Root

**Hydrates**

Bergamot  
Earl grey  
Rose

**Immunity booster**

Bergamot  
Cat's Claw  
Earl grey  
Echinacea  
Fennel  
Ginger  
Green tea  
Hibiscus  
Holy Basil  
Peppermint  
Rose  
Sarsaparilla  
Turmeric  
Marshmallow root

**Improves Blood Pressure**

Black Tea  
Butterfly Pea  
Cat's Claw  
Fennel  
Hibiscus  
Raspberry leaf  
Rooibos

**Liver Support**

Hibiscus  
Jasmine  
Marshmallow root  
Sarsaparilla  
Milk thistle

**Lower Cholesterol**

Cinnamon  
Turmeric  
Black Tea  
Bergamot  
Ginger  
Rooibos  
Hibiscus  
Holy Basil

**Pain Relief**

Echinacea  
Ginger  
Holy basil  
Lemongrass  
Peppermint  
Nettle  
Marshmallow root

**Relaxation**

Lavender  
Jasmine  
Peppermint

**Respiratory support**

Butterfly Pea  
Echinacea  
Fennel  
Holy Basil  
Peppermint  
Rose

**Skin**

Butterfly Pea  
Echinacea  
Holy Basil  
Lavender  
Marshmallow root  
Sarsaparilla  
Rose  
Bergamot  
Earl Grey

**Sleep support**

Lavender  
Lemongrass  
Peppermint  
Rose

**Weight loss support**

Bergamot  
Earl grey  
Fennel  
Ginger  
Green tea  
Holy Basil  
Marshmallow root  
Peppermint

**Women's health support**

Chaste tree  
Fennel  
Ginger  
Lavender  
Marshmallow root  
Peppermint  
Rooibos  
Raspberry leaf tea  
Rose  
Mugwort

**Signature Blend** - Jasmine, Hibiscus, or Black Tea with Raspberry, Rose, and Lavender