

# Zen Blend Floral Tea Blend

100% organic, medicinal and herbal tea blend with  
Passionflower & Hibiscus, handcrafted in small batches by  
the artisans of Sisu Wellness Center

Passionflower (*Passiflora incarnata*)- has calming effects and is commonly used to alleviate anxiety, insomnia, and stress. It acts as a natural sedative, promoting relaxation and improving sleep quality.

Lemon Balm (*Melissa officinalis*)- reduces the symptoms of anxiety and supports improved sleep. Calming to the mind, it is an anti-inflammatory and antioxidant.

Lavender (*Lavandula*) - renowned for its calming and soothing properties, often used to relieve anxiety, stress, and insomnia.

Chamomile (*Matricaria chamomilla*) - promotes sleep & relaxation and has antispasmodic properties that can help soothe the digestive tract.

Hibiscus (*Hibiscus sabdariffa*)- known for supporting cardiovascular health by lowering blood pressure and cholesterol. It promotes weight loss, improves liver health, relieves menstrual cramps, and boosts the immune system with its high vitamin C content.



Zen Blend Floral offers a complex and soothing flavor profile:

- Passionflower: Mild and grassy, with a slight earthy undertone.
- Lemon Balm: Citrusy and slightly sweet, adding a refreshing note.
- Lavender: Floral and aromatic, with a hint of sweetness.
- Chamomile: Sweet and apple-like, contributing a calming smoothness.
- Hibiscus: Tart and tangy, with a fruity, cranberry-like flavor.

Together, these ingredients create a balanced tea that is both calming and refreshing, with floral, citrusy, sweet, and tangy elements.

Instructions and precautions:

One to two teaspoons in a tea ball or diffuser per 1 cup of boiling water.

Steep 5 to 7 minutes, then drink hot, cool to room temp or as iced tea.

Use caution: This blend has a calming and relaxing effect. For adult use only. Do not use while pregnant, breastfeeding or taking other sedatives. **Max 3 cups per day.**

Available exclusively in-store and on our website!



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