


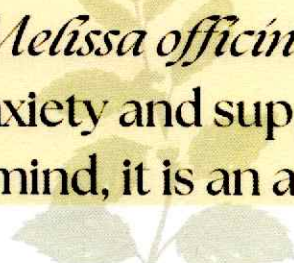


Zen Blend Herbal Tea Blend

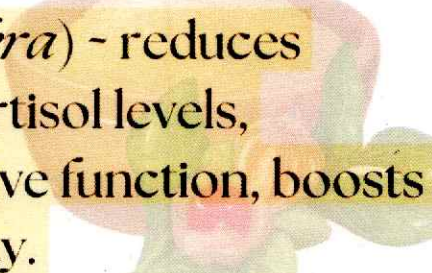
100% organic, medicinal and herbal tea blend with Ashwagandha, handcrafted in small batches by the artisans of Sisu Wellness Center



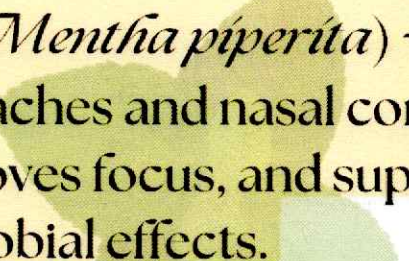
Chamomile (*Matricaria chamomilla*) - promotes sleep & relaxation and has antispasmodic properties that can help soothe the digestive tract.



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



Ashwagandha (*Withania somnifera*) - reduces stress and anxiety by lowering cortisol levels, promotes calm, enhances cognitive function, boosts energy, and improves sleep quality.



Peppermint (*Mentha piperita*) - aids digestion, relieves headaches and nasal congestion, boosts energy, improves focus, and supports oral health with antimicrobial effects.

Zen Blend Herbal Tea Blend offers a harmonious and soothing flavor profile:

Chamomile: Sweet and floral with a hint of apple-like smoothness.

Lemon Balm: Citrusy and slightly sweet, adding a refreshing note.

Ashwagandha: Earthy and slightly bitter, grounding the blend.

Peppermint: Cool and refreshing, with a minty sharpness.

Together, these ingredients create a balanced tea that is calming, slightly sweet, and refreshing with earthy undertones.

Instructions and precautions:

One to two Tablespoons in a tea ball or diffuser per 1.5 cups of boiling water.

Steep 5 to 7 minutes, then drink hot, cool to room temp or as iced tea. Add honey to taste. **Max 3 servings per day.**

Do not use while pregnant, breastfeeding or taking sedatives.

Available exclusively in-store and on our website!



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