

Zen Blend Skullcap Tea Blend

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

Skullcap (*Scutellaria lateriflora*) - A natural tranquilizer, this herb helps the body relax into sleep. With antioxidant and antispasmodic properties, it helps to relieve tension headaches and reduce anxiety and stress levels. This powerful herb is native to North America.

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.



This tea blend offers a delicate and soothing flavor profile.

- **Mellow Herbal Base:** The skullcap leaf provides a subtle, earthy undertone, grounding the blend with its mild, slightly bitter essence.
- **Floral Sweetness:** Chamomile adds a gentle, honey-like sweetness with floral notes, enhancing the tea's overall soothing character.
- **Citrusy Brightness:** Lemon balm introduces a refreshing citrusy zing, with hints of lemon and mint, creating a light and uplifting finish.

Instructions and precautions:

One Tablespoon in a tea ball or diffuser per 1 cup of boiling water.

Steep 10 minutes, then drink hot, cool to room temp or as iced tea. Add honey, maple syrup or lemon, to taste.

Use caution: may have a potent relaxation effect. For adult use only. Do not use while pregnant, breastfeeding or when taking sedatives. **Max 3 cups per day.**

Available exclusively in-store and on our website!



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