



Herbal Teas Menu

Enhance your spa experience by selecting a herbal tea that supports relaxation, balance, and overall well-being.

1. Calming & Stress Relief

Tea Name	Flavour Profile	Therapeutic Uses	Health Benefits
Lemon Balm	Light, lemony, gently sweet	Calms the nervous system, eases restlessness	Reduces stress, supports mood balance, promotes relaxation
Chamomile	Floral, apple-like, soothing	Encourages relaxation and emotional calm	Supports sleep, eases digestive discomfort, reduces inflammation



2. Uplifting & Energizing

Tea Name	Flavour Profile	Therapeutic Uses	Health Benefits
Green Tea	Fresh, slightly grassy	Gently boosts alertness	Rich in antioxidants, supports metabolism and heart health
Peppermint	Cool, crisp, refreshing	Stimulates the senses, clears mental fatigue	Aids digestion, relieves tension, supports respiratory ease
Hibiscus	Tart, fruity, vibrant	Revitalizes the body and mind	Supports circulation, heart health, and hydration



3. Digestive & Detox Support

Tea Name	Flavour Profile	Therapeutic Uses	Health Benefits
Dandelion Leaf & Root	Earthy, slightly bitter	Supports natural detoxification	Promotes liver health, aids digestion, supports fluid balance
Turmeric & Ginger	Warm, spicy, grounding	Reduces inflammation, warms the body	Supports joint health, digestion, and immune function

All teas are thoughtfully selected to complement your Arcadian experience, supporting the body, mind, and spirit before or after your treatment.