



## Tea Catalog

Tea Blend	Health & Wellness Attributes	Flavor Profile & Composition
<p>All Hallows' Eve Tea <i>Caffeine Free</i></p>	<p>High in antioxidants and alpha hydroxy acids that prevent oxidative damage caused by free radicals. Drinking daily may aid to reduce insulin resistance, boost metabolism and lower blood sugar levels &amp; may aid respiratory tract infections caused by fungi.</p>	<p>The colors of fall foliage swirl around in this cup of red rooibos tea with warm tones of yellows and browns from soft calendula petals, ground cinnamon and a tea sized bushel of apple pieces, this tea is sure to help you celebrate the season any time of the year.</p>
<p>Autumn Renaissance Tea <i>Caffeine Free</i></p>	<p>Chamomile promotes relief from stress, anxiety, depression &amp; relaxes the body. Promotes restful sleep. Helps settle the stomach. High in antioxidants &amp; anti-inflammatory properties.</p>	<p>A festival of flavors. Chamomile flowers, known for their ability to relax the body and settle the stomach with red hibiscus flower which may assist to lower blood pressure &amp; cholesterol; reduce levels of sugar and fats in the blood; reduce swelling &amp; inflammation. A splash of orange peel tops off this wonderful floral blend.</p>
<p>Black Cat Tea <i>Caffeine Free</i></p>	<p>Help eliminate free-radicals, regulate blood sugar, digestive cleanse, &amp; assist to provide anti-obesity effects by suppressing various fat-metabolizing enzymes, preventing them from taking that fat into the body.</p>	<p>A superb coffee substitute, this earthy blend recalls a peaceful walk through the forest after a light rain. Notes of chocolate from Carob, licorice &amp; strings of Coconut, combine with a chorus of Chicory and Sarsaparilla root &amp; Roasted dandelion.</p>
<p>Blackberry Bramble <i>*Caffeinated*</i></p>	<p>A great boost for energy, alertness, &amp; metabolism. The tannins aid to reduce the negative action of free radicals with the added benefits of iron, vitamin C, B12, B1 &amp; antioxidants. Drinking daily may be helpful with gut health, gas, hemorrhoids, diarrhea, regulating menses and anemia.</p>	<p>This blend presents whispers of Blackberry leaves woven throughout a strong black tea. A charmingly delightful tea with a subtle sweetness that will inspire you to embody the gentleness of its flavor and confidence of its spirit.</p>

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<p>Bless-ed Be <i>Caffeine Free</i></p>	<p>Rich in Iron, vitex calms irritability, depressed mood &amp; migraines. The additional components of this tea may help maintain heart health, lower blood pressure, ease colds, flush toxins out of the body and aid insomnia, stress &amp; ease bronchitis.</p>	<p>May you be blessed with this offering blended with linden flower, nettles, and vitex along with a bouquet of roses, raspberry leaf, and Lemon and hint of cinnamon and the sweetness of stevia adds to the magic of this bewitching brew.</p>
<p>Brigid's Blessings <i>Caffeine Free</i></p>	<p>May be helpful in balance mood, lower anxiety, blood pressure, blood sugar levels over time &amp; help joint pain associated with osteoarthritis &amp; can be used safely alongside nonsteroidal anti-inflammatories (NSAIDs). Safe for use during pregnancy.</p>	<p>An exceptional blend created to enhance uplift your mood and clam your mind &amp; body. Notes of Oat straw and nettles join a chorus of Spearmint and Raspberry leaves the flutter around joyful Chamomile flowers, Ginger and Lemon balm to create a harmonious fusion of happiness.</p>
<p>Cauldron Chocolate Chai Tea <i>*Caffeinated*</i></p>	<p>Drinking a few cups of chai tea daily leads to a healthier immune system, Cardamom contains high doses of vitamin C and other nutrients. Antioxidants help to eliminate free radicals caused by pollutants and chemicals in foods and the environment that can cause cell damage.</p>	<p>Warm your whole body with Hot Chocolate inspired tea. Chocolate chips sprinkled throughout a rooibos tea. A bite of Ginger pairs with the citrus note of Cardamom to create this soothing and comforting blend. Top with whipped cream and some chocolate shavings, snuggle up and to pamper yourself on a chilly winter's night.</p>
<p>Cloak of Invisibili-Tea <i>*Caffeinated*</i></p>	<p>Calendula flowers are said to have anti-inflammatory properties and may be beneficial for treating gastritis, acid reflux and ulcers, as well as reducing stomach or menstrual cramps.</p>	<p>Wrap yourself in the cloak of robust black tea, naturally sweetened with passion fruit &amp; embellished with calendula blossoms. Brew this versatile tea hot in the cooler months or, for something more tropical, serve it on the rocks for a smashing summer event.</p>

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<p>Conjuring Dreams Tea <i>Caffeine Free</i></p>	<p>Create with ingredients that promote peaceful sleep and stress relief while drinking a cup or two daily will assist with lowering blood pressure.</p>	<p>Relax and enjoy a calming cup of Conjuring Dreams Tea. With its blend of flowers, herbs, and spices, this tea presents a complex medley of flavors to ease your mind and body. While chamomile, calendula and linden flowers induce serenity, feel your stress melt away with the help of oat straw, catnip, and skullcap. Sweet dreams!</p>
<p>Cupids Kiss <i>*Caffeinated*</i></p>	<p>Great source of Vitamin C. Aids to lower blood pressure and promote tranquility and stress relief.</p>	<p>Feel the love with this sweetheart of a blend. Hibiscus, Rose Hips, Rose Petals, and a smattering of black tea leaves are paired with lemon and orange peel to arouse your romantic muse.</p>
<p>Dragon Spirits Elderberry Tea <i>Caffeine Free</i></p>	<p>Regenerative, analgesic, anti-inflammatory, anti-aging healing actions. Given to horses to promote their kidney, adrenal, digestive, and hoof health.</p>	<p>A mystical blend of Red Rooibos, Elderberries and Currents bejeweled with cranberries create this alluring tea. Touches of Hibiscus and Rose Hips dance throughout adding their own personality to this healing herbal blend.</p>
<p>Enchanted Forest Tea <i>Caffeine Free</i></p>	<p>Whole body tonic for wellness. May assist with sinus discomfort, nasal drip, and respiratory congestion.</p>	<p>Stroll through the wonders of blackberry &amp; spearmint leaf that offers a charming infusion of lemon balm, rosemary, linden, eleuthero root, wood betony &amp; eucalyptus. A delightful cup of berry and mint that will recharge your mind and body.</p>
<p>Enchanted Spring <i>*Caffeinated*</i></p>	<p>White Tea is said to stimulate fat breakdown, lower body fat, boost metabolism and aid weight loss over while drinking at least 2 cups daily. Rich in Vitamin C and essential acids this blend will encourage healthy immune system &amp; assist inflammation to support overall body health.</p>	<p>With the heart of a lion and the mildness of a lamb, this blend denotes all the goodness of the energy and rebirth spring represents. Distinguished yet subtle this fusion of White tea leaves &amp; White Pomegranate captures the sweetness of spring. Ribbons of Safflower &amp; flecks of Rose Hips complete this Ode to Spring.</p>

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Ethereal Earl Grey Tea <i>*Caffeinated*</i>	Rich in catechins, antioxidants, can guard against oral infections. Fluoride, found in Earl Grey tea, helps protect teeth from carriers and prevents decay. Improves digestion & help settle the stomach; lower inflammation of the gut, ease constipation, hemorrhoids, bloating, cramping, and other afflictions of the stomach.	Mysterious dark full leaves of an Orange Pekoe sprinkled with a smattering of cornflower petals. This ethereal tea seduces you in with its sweet citrus scent of bergamot and delicate fruitiness that dances throughout this black tea.
Fairy Garden Tea	All the benefits of Black tea with a tropical twist. (See Midnight Magic tea for Black tea benefits)	Fairy Garden tea captures island living. The natural sweetness of mango pieces leads you down a magical path to an alluring creamy liquor. The hints of indigo and glistening gold from cornflower petals and mango make this fruit tea a favorite of the Fae.
Goblet of Fire Tea <i>Caffeine Free</i>	Warming while lowering stress, reduce high cholesterol, increase alertness, and prevent diarrhea and digestive problem.	A smoldering decaffeinated Black Tea spiced sparks with diced Oranges and cozy Cinnamon unites to bring you familiar scents of hearth and home. A warmhearted tea for anytime of the year,
Green Goddess Tea <i>*Caffeinated*</i>	Green tea has also been shown to help block the formation of plaques that are linked to Alzheimer's disease; may help stabilize blood sugar. Catechins may lower cholesterol/blood pressure; help protect against the damage a high-fat diet can cause.	Green Goddess tea comes from the same plant as black tea ( <i>Camellia sinensis</i> ) but is less processed, so it undergoes less oxidation. Loose leaf green tea is used to make tea and infusions.
Harvest Moon <i>Caffeine Free</i>	Nature's Anti-Inflammatory this blend can help reduce pain associated with arthritis and other inflammation related pain, sooth nausea, aids digestion, help regulate blood sugar.	The familiar spices associated with chai masala has been reimagined. Rich cardamom warm cinnamon, spicy black pepper, and snap of ginger will evoke the sounds of leaves crunching beneath your feet and fragrance of Fall twirling throughout this bountiful cup of tea.

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<p>Hermione Tea <i>Caffeine Free</i></p>	<p>Stimulate your mind, improve concentration and memory and aid overall energy and metabolism.</p>	<p>A plethora of herbs come together to stimulate your mind and improve your concentration and memory. Eleuthero root, ginkgo and gotu kola focus your mental abilities while Peppermint, Ho Shou Wu, damiana, and calendula stir the body's energy along with lemongrass and licorice. This tea is a complete tonic, mind and body.</p>
<p>Hocus Pocus Tea <i>Caffeine Free</i></p>	<p>All the benefits of Green Tea with added anti-aging properties. May help stabilize blood sugar &amp; aide to lower cholesterol/blood pressure &amp; protect against damages caused by high-fat diets.</p>	<p>This spectacular herbal tisane incorporates Green Tea with complements of Sage and Rosemary and a touch lemon peel bring together this rejuvenation blend.</p>
<p>Magical Cottage <i>*Caffeinated*</i></p>	<p>Full of antioxidants, flavonoids &amp; vitamin C boost to your body and immunity. Stimulates energy and memory. May help reduce the risk of kidney stones.</p>	<p>Red Rooibos tea is stitched together with patches of orange peel and cranberries all woven together to create a magically inviting blend of flavors. Stimulate your mind, body sense of whimsy with Magical Cottage.</p>
<p>Luna Lullaby <i>Caffeine Free</i></p>	<p>May aid to reduce anxiety, stress, depression, nerve pain, inflammation, &amp; arthritis pain. May help soothe the central nervous system &amp; has antispasmodic properties to reduce PMS cramps &amp; muscle aches.</p>	<p>A sweet melody of a blend composed to soothe you to sleep. A steady refrain of Chamomile flowers compliment notes of hibiscus, orange peel, Lemon Balm &amp; Stevia leaf. St. John's wort &amp; Skullcap complete this sleepy serenade. The warm pinkish purple of this brew lulls you with its golden green edible glitter.</p>
<p>Merry Meet Tea <i>Caffeine Free</i></p>	<p>With muscle relaxant properties, benefits of associated with this blend aid to ease tension and headache pain; treat sinuses, ease digestive ailments such as IBS, indigestion, constipation, and relief from menstrual cramps. Promotes relaxation and mood.</p>	<p>A gracious tea, this welcoming blend of Peppermint leaves gather with Hibiscus petals and invite a little sweetness of Stevia leaf. This tea offers precious moments to commune with nature, relax and revive your whole being from head to toe.</p>

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<p>Midnight Magic Black Tea <i>*Caffeinated*</i></p>	<p>May regulate Blood-Glucose Levels in those with Diabetes. May bring some relief to asthmatic conditions. Anti-Bacterial Properties kill/slow growth of bacteria associated with pimples, rashes, dental health, aids to reduce sweaty, smelly feet. Improves mental alertness and energy levels.</p>	<p>This simple black tea is hearty and full-flavored, rich in antioxidative and anti-inflammatory effects with an inherent sweetness and underlying malty note. Combine it with your favorite flowers or herbs to create your own signature blend, utterly unique – just like you. Not recommended for those with high blood pressure.</p>
<p>Midsummer Tea <i>*Caffeinated*</i></p>	<p>Sencha is loaded with antioxidants and may: help boost metabolism, fat burning, fat storage and energy, provides stress relief, and keep skin clean and bright</p>	<p>A lovely green sencha green tea provides a refreshing light base to pair with sweet pineapple papaya. A splash of cornflower petals makes this tea as fanciful to see as it does to taste. Steep with mindfulness and care so that it does not become bitter. Use lower temperature and less time than heartier Chinese greens.</p>
<p>New Moon <i>*Caffeinated*</i></p>	<p>Increased energy and feeling of vitality, improve mood, stimulate the metabolism, rich in antioxidative and anti-inflammatory. Not recommended for those with high blood pressure.</p>	<p>Taste the mystic of the islands. A sandy beach beckons you with the smells of Mango and Passion Fruit, a warm sunset of golden yellow Marigolds &amp; orange Safflower greets you as a sky of Blue Corn Flower fades to reveal a magical night of Black Tea leaves twinkling with stars of edible glitter.</p>
<p>Oolong Tea <i>*Caffeinated*</i></p>	<p>Fat blocking and metabolism booster. Mental performance and alertness</p>	<p>Oolong or “black dragon,” tea combines the lightness of green tea and the vigor of a bold black tea. An enigma of flavors, slightly sweet yet totally complex in its simplicity.</p>
<p>Phoenix Rising <i>*Caffeinated*</i></p>	<p>Energy boosting &amp; weight loss properties. Anti-inflammatory &amp; antioxidants to help protect the cells from oxidative stress. Aids digestion &amp; help improve gut health. Our blend of spices may also help reduce levels of bad cholesterol. Relieves stomach pain &amp; nausea. Great for heart &amp; brain health.</p>	<p>Phoenix rising is the perfect blended with specific intentions to awaken your mind, body, and spirit. Typically brewed with milk &amp; sweetened this exhilarating fusion of ginger, cinnamon, green cardamom pods, coriander, cloves, allspice, black pepper spices &amp; black tea leaves will inspire transformation.</p>

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Practical Magic Tea <i>Caffeine Free</i>	Stimulating focus, boots mood and supports a robust immune system. May assist weight loss. Soothes sore throat, aids in digestion, and offers much of the daily requirements of essential fatty acids.	Peppermint Leaf is the star of this plush tisane offering a cool, crisp mint while Licorice, Fennel and flax provide soothing properties. Notes of light maple puts the magic in this practical tea.
Remembrall Tea <i>Caffeine Free</i>	Mental sharpness and invigorating. Full of essential vitamins & also a good source of minerals such as zinc, iron, copper, potassium, and calcium. Aids to eliminate the toxins from the body.	This blend of Lemongrass, Peppermint, and Spearmint leaves will get any day off to a great start. To ensure a little pep in your step, we added lemon verbena, and lemon balm. A little extra help to focus and invigorate your day.
Sleepy Hollow Tea <i>*Caffeinated*</i>	Rich in iron and potassium. Aids to reduce Blood-Glucose Levels in those with Diabetes. May bring some relief to asthmatic conditions. Improves mental alertness and energy levels,	Dark and intriguing, this Black Tea with a subtle sweetness compliments of the black currants and black currant leaves. Just as exciting and the story, Sleepy Hollow Tea is sure to enthuse you.
Spellbound Tea <i>Caffeine Free</i>	Rich in Vitamin C, stimulate the activity of the immune system, may aid to lower blood pressure, along with properties shown to have effects with anti-inflammation, metabolism regulation, antidepressant qualities.	The fruits of the fall seasons create a patchwork of sweetness and tartness in this assemble of apple pieces, cranberries, orange peel. Hibiscus Flowers fall into this blend like leaves blowing off an Autumn tree. A tea specifically designed to treat yourself, just for being you.
Strawberry Moon Tea <i>Caffeine Free</i>	Abundant in antioxidants that aids high blood pressure and high cholesterol by lowing levels of bad cholesterol. Aids symptoms of depression. Aids & stimulates digestion.	The Energy of the Strawberry moon is harnessed in this this blend. Strawberry & Blueberry leaves leap happily throughout the cup while Juniper Berries, Myrtle leaves and Hibiscus dance softly around them. This tea will surround you with the smell of walking through your strawberry patch.

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Summer Solstice Tea <i>*Caffeinated*</i>	Anti-inflammatory and antioxidant properties, vitamins, minerals, and essential fatty acids.	A Black Tea ripe with natural fruit flavoring has radiant red safflower leaves that provides a sultry feeling to this exceptionally sexy tea.
Unicorn Tea <i>Caffeine Free</i>	Rich in antioxidants. Supports healthy kidneys, bladder, and urinary system. Aids to control high blood pressure and high cholesterol with daily use. May help ease symptoms of dyspepsia (upset stomach), irritable bowel syndrome (IBS), and acid reflux.	A fantasy of flavors fills this rare blend. Blueberry & Strawberry leaf host this party. Invitees include Rose hips, Lemon Peel, Lemon Balm, Juniper Berry, and Stevia leaf all attend to pay tribute to Butterfly pea flower, the guest of honor. Watch the Unicorn magic reveal itself as this brew turns from blue to purple and edible glitter starts to shimmer & glisten.
Winter is Coming Tea <i>Caffeine Free</i>	Warming, boost heart health, lower stress, reduce high cholesterol, improve oral health, boost bone health, increase alertness, and prevent diarrhea and digestive problem	A Black tea lightly spiced with a touch of cinnamon and sweetened with delicious pieces of apples and oranges. A tea perfectly enjoyed by the fireside.
Witches Brew Tea <i>Caffeine Free</i>	A few cups daily may aid, and sooth complaints caused by the common cold, boost immunity with Vitamin C and Ginger, aids in flushing your system.	This herbal tisane will provide some defense against the cold & flu season; with Elder Flower, Rosehips, Yarrow, Peppermint, Ginger and Anise seeds, an apothecary of healing herbs and flowers work together to help you weather the storms of the season.
Wizarding Weasley <i>*Caffeinated*</i>	Aids to detoxify & diminish inflammation, remove dampness and invigorate circulation of blood, but also have the health effects of warming stomach, stopping vomiting, eliminating body waste etc.	This feat of alchemy, melds together robust Black tea leaves, with the spice and warmth of ginger and the tender fruitiness of summer peaches. This spellbinding blend wields the power, energy, and wisdom of the Wizard.

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