



## Tea Catalog

Tea Blend	Health & Wellness Attributes	Flavor Profile & Composition
<p><u>All Hallows' Eve</u> Caffeine Level: <i>Caffeine Free</i></p>	<p>High in antioxidants and alpha hydroxy acids may reduce oxidative damage caused by free radicals. 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. Steep at 212° for 3 to 5 minutes.</p>
<p><u>Aquarius</u> Caffeine Level: <i>High</i></p>	<p>Antioxidants called flavonoids benefit heart health. Consuming on a regular basis may help reduce many risk factors for heart disease, including high blood pressure, high cholesterol, elevated triglyceride levels, &amp; obesity.</p>	<p>Black tea infused with hazelnut &amp; vanilla will fuel Aquarius' inventive thinking &amp; lively conversations. Aquarians are visionaries &amp; offbeat intellectuals who love to exchange ideas with friends, preferably over a strong cup of tea. This blend stimulates the senses, while bits of cocoa nibs &amp; blue cornflowers satisfy Aquarius' thirst for the unusual. Steep at 212° for 3-5 minutes.</p>
<p><u>Aries</u> Caffeine Level: <i>Moderate</i></p>	<p>From giving your immunity a massive boost to stopping aches &amp; pains, benefits that come inside of chai tea. A special spiced brew warms you to the core, &amp; a pinch of caffeine to get your energy going and can help with everything from heart health to weight loss &amp; helping the body detox.</p>	<p>The spicy mixture of black tea and masala spices keeps up with Aries' boundless energy and initiative. Aries are determined to get the most of every experience, including their morning cup of tea. The combination of cinnamon, cardamom, and red peppercorns will help kick-start the day, giving Aries a winning edge. Steep at 212° for 3-5 minutes.</p>

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<p><u>Autumn Renaissance</u> Caffeine Level: <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>Chamomile flowers, known for their ability to relax the body and settle the stomach with red hibiscus flower that 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. Steep at 212° for 5-10 minutes.</p>
<p><u>Basic Witch</u> Caffeine Level: <i>High</i></p>	<p>Comforting spices and the soothing qualities of tea, it's a perfect beverage for cozy days. Some receive benefits, such as improved digestion, inflammation, and enhanced mood.</p>	<p>Autumn festivities just wouldn't be the same without the comforting, smooth sweetness of spiced pumpkin. Warm and rich flavor, with lingering cozy aromatics. Steep at 212° for 3 minutes.</p>
<p><u>Blackberry Bramble</u> Caffeine Level: <i>High</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 &amp; 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. Steep at 212° for 3 minutes.</p>
<p><u>Blessed Be</u> Caffeine Level: <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. Steep at 212° for 3 minutes.</p>

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<p><b><u>Blood Moon</u></b> Caffeine Level: <i>Caffeine Free</i></p>	<p>Full of antioxidants that support overall health. This tea not only boosts your immune system but also adds a zesty twist to your daily hydration routine.</p>	<p>Blood Orange, Rose Hips, Hibiscus &amp; Natural Orange Flavor are blended to create this sweet, tangy &amp; eerily delectable tea with the deep vibrant color of the blood moon. Steep at 212° for 5-10 minutes.</p>
<p><b><u>Bonfire Bliss</u></b> Caffeine Level: <i>High</i></p>	<p>Rich in antioxidants, benefits may improve heart health, enhance alertness &amp; mental clarity, making it a popular choice for a morning boost or an afternoon pick-me-up.</p>	<p>Blending black tea and chocolate with mini marshmallows for a hint of sweetness reminds us of a campfire &amp; S'mores. Complete with a hint of smokiness from Lapsang Souchong to round out the entire delicious experience. Steep at 212° for 3 minutes.</p>
<p><b><u>Brigid's Blessings</u></b> Caffeine Level: <i>Caffeine Free</i></p>	<p>May help 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>Enhance uplift your mood and calm 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. Steep at 212° for 5-10 minutes.</p>
<p><b><u>Bourbon Barrel Brew</u></b> Caffeine Level: <i>High</i></p>	<p>Rich in antioxidants like theaflavins &amp; thearubigins, benefits may improve heart health, enhance alertness &amp; mental clarity.</p>	<p>Hints of malt, soft barrel smoke, caramel, roasted apple, &amp; vanilla, this tea echoes the nuance of a good bourbon without the boozy side effects. Try this tea iced with mint infused simple syrup for a teetotaler's perfect mint julep. Steep at 212° for 3 minutes.</p>
<p><b><u>The Burrow Brew</u></b> Caffeine Level: <i>High</i></p>	<p>A few cups daily may strengthen the immune system, with cardamom, a rich source of vitamin C &amp; essential nutrients. Antioxidants play a role in combating free radicals.</p>	<p>Delight in the rich flavor black tea &amp; zesty Asian Ginger, Natural Gingerbread Flavor, Cinnamon, &amp; Orange. This spicy infusion is a treat that's equally enjoyable whether served hot or cold. Try and savor the indulgence it offers to your taste buds. Steep at 212° for 3 minutes.</p>

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<p><b><u>Butterscotch Brew</u></b>  <b><u>Ha-Ha</u></b>            Caffeine Level:  <i>High</i></p>	<p>Rich in antioxidants like theaflavins &amp; thearubigins, benefits may improve heart health, enhance alertness &amp; mental clarity.</p>	<p>A dessert tea is an infusion of sweet, buttery, &amp; whimsical flavors. Notes of apple, cocoa nibs, &amp; marigold, offering a satisfying solution to your sweet cravings. Black Tea, Apple Pieces, Cocoa Nibs, Rose Hips, Natural Butterscotch Flavor &amp; Marigolds.            Steep at 212° for 3 minutes.</p>
<p><b><u>Cancer</u></b>            Caffeine Level:  <i>Moderate</i></p>	<p>Antioxidants &amp; metabolism-boosting with calming &amp; digestive benefits that support both physical and mental well-being. This delightful combination can help you relax, improve your overall health, and unwind.</p>	<p>Cancers love to maintain a comfortable home and serve their family after-dinner tea. The soothing blend of rose hips, chamomile and rooibos will calm Cancer's emotional side, while the cornflowers and marigold petals raise their cheerful spirits.            Steep at 180° for 2-3 minutes.</p>
<p><b><u>Candy Cane Lane</u></b>            Caffeine Level:  <i>High</i></p>	<p>This combination of black tea and peppermint leaves offers a refreshing and invigorating brew that can help improve digestion, alleviate stress, and provide a delightful energy boost.</p>	<p>Take a trip down Candy Cane Lane &amp; brew up some childhood holiday nostalgia with this Sri Lanka Black Tea flavored with real candy cane pieces and peppermint leaves, evoking the joy of festive seasons in every delightful sip. Steep at 212° for 3 minutes.</p>
<p><b><u>Capricorn</u></b>            Caffeine Level:  <i>Moderate</i></p>	<p>The practical choice for giving Capricorn a serious dose of focus &amp; flavor. Capricorns work hard; need smooth yet strong tea to get them through long nights at work. A balanced caffeine kick and a bouquet of antioxidants for revitalizing experience.</p>	<p>Black Tea, White Tea, Ceylon Sonata, Assam Melody Tea, Coconut, Apple Pieces, Rose Petals, Natural Coconut Flavor &amp; Natural Vanilla Flavors. Vanilla &amp; rose petals are a classic combination of flavors that Capricorns can depend on.            Steep at 212° for 3-5 minutes.</p>

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<p><u>Cauldron Chocolate</u> <u>Chai</u> Caffeine Level: <i>Caffeine Free</i></p>	<p>A few cups daily may strengthen the immune system, source of vitamin C &amp; essential nutrients. Antioxidants combat free radicals generated by environmental pollutants &amp; dietary toxins, safeguard against cellular damage.</p>	<p>Indulge in the warming embrace chocolate chips intermingle with rooibos tea. A hint of ginger &amp; the citrus nuance of cardamom in this soothing and comforting blend. Add whipped cream &amp; a sprinkle of chocolate shavings, it's the perfect cozy treat for a chilly winter's night. Steep at 212° for 3 to 5 minutes.</p>
<p><u>Cloak of Invisibili-</u> <u>Tea</u> Caffeine Level: <i>High</i></p>	<p>Calendula flowers are believed to possess anti-inflammatory properties that could be advantageous in addressing conditions like gastritis, acid reflux, ulcers, and alleviating stomach discomfort.</p>	<p>Envelop yourself in the comforting embrace black tea, naturally sweetened with the essence of passion fruit and adorned with the vibrant beauty of calendula blossoms. Whether enjoyed hot during cooler months or served over ice for a tropical twist, this versatile tea is the perfect choice for any occasion, be it a cozy winter's day or a refreshing summer gathering. Steep at 212° for 3 minutes.</p>
<p><u>Conjuring Dreams</u> Caffeine Level: <i>Caffeine Free</i></p>	<p>Crafted to promote peaceful sleep and stress relief while drinking a cup or two daily may assist with lowering blood pressure.</p>	<p>Featuring a blend of flowers, herbs, and spices, this tea offers a symphony of flavors to soothe your mind &amp; body. Chamomile, calendula, and linden flowers meld oat straw, catnip, and skullcap, inviting sweet dreams and relaxation. Steep at 212° for 5-10 minutes.</p>

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<p><b><u>Conjuring Dreams</u></b> Caffeine Level: <i>Caffeine Free</i></p>	<p>Featuring a harmonious blend of flowers, herbs, &amp; spices, this tea offers a multifaceted symphony of flavors to soothe your mind and body. Crafted to promote peaceful sleep and stress relief while drinking a cup or two daily may assist with lowering blood pressure.</p>	<p>Featuring a harmonious blend of flowers, herbs, and spices, this tea offers a multifaceted symphony of flavors to soothe your mind and body. Let the calming influence of chamomile, calendula, and linden flowers meld with the stress-relieving properties of oat straw, catnip, and skullcap, inviting sweet dreams and relaxation. Steep at 212° for 5-10 minutes.</p>
<p><b><u>Cozy Winters Night</u></b> Caffeine Level: <i>Caffeine Free</i></p>	<p>A plethora of health benefits, from boosting immune system support to promoting digestive wellness. These organic ingredients work synergistically to provide a holistic approach to well-being, aiding in immunity, digestion, and overall health.</p>	<p>Crafted for all seasons, we combine eleuthero root, cinnamon bark, roasted organic dandelion root, astragalus root, orange peel, ginger root, roasted chicory root, licorice root, cardamom, &amp; cloves to create a tea with grounding and warming properties. Steep at 212° for 3 to 5 minutes or simmer up to 10 minutes for stronger tea.</p>
<p><b><u>The Craft</u></b> Caffeine Level: <i>High</i></p>	<p>Combining red raspberry with black tea provides a rich source of essential nutrients like Magnesium, Calcium, Antioxidants, and potassium. May contribute to maintaining healthy blood pressure levels &amp; reducing the risk of stroke.</p>	<p>Ceylon black tea harmonizes with the sweet and tart essence of red raspberry, creating a delightful, aroma and subtly tangy, jammy raspberry flavor. The tea offers a rounded texture, balanced astringency, &amp; a sweet, gently dry finish, that maintains its tanginess without becoming overly intense. Steep at 212° for 3 minutes.</p>
<p><b><u>Deck the Halls</u></b> Caffeine Level: <i>Moderate</i></p>	<p>Antioxidants and metabolism support, making it a deliciously delightful and healthy pick during the holiday season. A delectable treat while being a carb-conscious choice.</p>	<p>Celebrate the December days with our festive and delightful tea blend. With vibrant cranberry notes, the richness of pecans, and a warm touch of vanilla, it offers a delectable treat while being a carb-conscious choice. Enjoy the flavors of green tea, apple pieces, cocoa nibs, cranberries, and</p>

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		more in every delightful sip. Steep at 180° for 2-3 minutes.
<p><u>Dragon Spirits</u> <u>Elderberry</u> Caffeine Level: <i>Caffeine Free</i></p>	<p>This elderberry tea possesses regenerative, analgesic, and anti-inflammatory properties, along with anti-aging healing effects. It is administered to horses to support their kidney, adrenal, digestive, and hoof health.</p>	<p>A mystical blend of Red Rooibos, Elderberries and Currants bejeweled with cranberries create this alluring tea. Touches of Hibiscus and Rose Hips dance throughout adding their own personality to this herbal blend.</p> <p>Steep at 212° for 5-10 minutes.</p>
<p><u>Dungeons &amp; Dragon</u> Fruit Caffeine Level: <i>Caffeine Free</i></p>	<p>A tea infusion combining the vibrant flavors and nutrients of dragon fruit, Rose Hips, Hibiscus, Orange, and Lemon Verbena offers a refreshing and antioxidant-rich brew that promotes both taste satisfaction and potential health benefits.</p>	<p>Embark on a journey to a fantastical realm with this blend featuring Apple Pieces, Rose Hips, Hibiscus, Orange, Lemon Verbena, Dragon fruit Flavor, Dragon fruit, Pineapple Pieces, Rose Petals, Marigold Flowers, and Strawberries.</p> <p>Steep at 212° for 5-10 minutes.</p>
<p><u>Elixir of Life</u> Caffeine Level: <i>Caffeine Free</i></p>	<p>The combination of green tea, ginger, licorice, mint, and fennel in a herbal blend offers a multitude of benefits, including enhanced digestion, reduced inflammation, improved respiratory health, and a boost to the immune system, making it a holistic and rejuvenating choice for overall well-being.</p>	<p>In challenging times, tea is the comforting ally of the resilient! This blend is your perfect companion to tackle the demands of the modern world with confidence, offering a revitalizing elixir of green tea, ginger, licorice, mint, and fennel to expedite the path to recovery.</p> <p>Steep at 212° for 5 minutes.</p>

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<p><b><u>Enchanted Autumn</u></b> Caffeine Level: <i>Caffeine Free</i></p>	<p>Red rooibos tea is renowned for its abundance of antioxidants and potential health benefits, including improved digestion, reduced inflammation, and enhanced overall well-being.</p>	<p>Savor the crispness of autumn leaves as you enjoy this flavored tea, traditional rooibos along with the delightful infusion of organic vanilla. With its harmonious blend of organic and fair-trade red rooibos tea, organic elder flowers, and organic vanilla flavoring, this tea promises to awaken the senses in a way unlike any other. Steep at 212° for 3-5 minutes.</p>
<p><b><u>Enchanted Forest</u></b> Caffeine Level: <i>Caffeine Free</i></p>	<p>A comprehensive wellness tonic that may offer relief from sinus discomfort, nasal drip, and respiratory congestion, supporting overall health and vitality.</p>	<p>Take a leisurely stroll through the enchanting blend of blackberry and spearmint leaves, gracefully infused with lemon balm, rosemary, linden, eleuthero root, wood betony, and eucalyptus. This delightful cup of berry and mint is your gateway to rejuvenating both your mind and body. Steep at 212° for 5-10 minutes.</p>
<p><b><u>Enchanted Spring</u></b> Caffeine Level: <i>Moderate</i></p>	<p>May enhance fat metabolism, reduce body fat, increase metabolic rate, &amp; promote weight loss when consumed regularly with a minimum of two cups a day. Vitamin C &amp; essential acids, may bolster the immune system.</p>	<p>Balancing strength and gentleness, this blend embodies the essence of spring's vitality and renewal. An elegant fusion of white tea &amp; white pomegranate evokes the sweetness of the season, with safflower ribbons &amp; delicate rose hips make this poetic tribute to spring. Steep at 180° for 2-3 minutes.</p>
<p><b><u>Enchanted Summer</u></b> Caffeine Level: <i>Caffeine Free</i></p>	<p>This unique tea blend featuring apple pieces, rose hips, cranberries, spearmint leaves, natural orange flavor, rose petals, safflower, and marigold flowers offers a rich source of antioxidants, vitamins, and digestive benefits, creating a harmonious and healthful infusion.</p>	<p>Indulge in the captivating herbal blend, where a single sip transports you to a realm of enchantment. Delicate notes of mint and orange gracefully dance on your palate, concluding with a creamy, floral finish, making it the ideal choice for a soothing sip as you drift into a night of magical dreams.</p>

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		Steep at 212° for 5-10 minutes.
<p><b><u>Enchanted Winter</u></b> Caffeine Level: <i>Moderate</i></p>	<p>This organic and fair-trade yerba mate blend, combined with organic peppermint leaf, roasted cacao nibs, roasted carob, cacao powder, and organic vanilla, provides a stimulating and flavorful concoction that may offer improved energy, mental alertness, and digestive support.</p>	<p>Experience the invigoratingly smooth blend with the perfect kick, reminiscent of a peppermint patty in your cup! The bright, minty initial impression melds seamlessly with the delightful marriage of mate and cacao, offering a gratifying tea that could easily double as a delectable dessert.</p> <p>Steep at 212° for 3 to 5 minutes.</p>
<p><b><u>Ethereal Earl Grey</u></b> Caffeine Level: <i>High</i></p>	<p>May provide a boost in alertness and focus, as well as potential antioxidant benefits for overall well-being.</p>	<p>Dark and alluring Orange Pekoe leaves adorned with a delicate scattering of cornflower petals create an enchanting tea. Its seductive charm lies in the sweet, citrusy fragrance of bergamot and the subtle, fruity notes that gracefully waltz within this black tea.</p> <p>Steep at 212° for 3 minutes.</p>
<p><b><u>Ethereal Earl Grey (Decaf)</u></b> Caffeine Level: <i>Caffeine Free</i></p>	<p>Decaf black tea offers the rich flavor and potential health benefits of traditional black tea without the stimulating effects of caffeine.</p>	<p>Dark &amp; Decaf, Orange Pekoe leaves adorned with cornflower petals create an enchanting tea. Its seductive charm lies in the sweet, citrusy fragrance of bergamot and the subtle, fruity notes that gracefully waltz within this black tea. Steep at 212° for 3 minutes.</p>
<p><b><u>Find Your Voice</u></b> Caffeine Level: <i>Caffeine Free</i></p>	<p>An herbal powerhouse known for its potential soothing effects on the throat, providing relief from soreness and irritation. These ingredients are often</p>	<p>Relieve your sore throat with the comforting mixture of sweet licorice, Hibiscus, Slippery Elm, soothing anise, and fresh raspberry leaves. This soothing blend is especially helpful during the</p>

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	used to support respiratory health & ease discomfort during cold and flu season	cold and flu season and is favored by teachers, orators, and singers for its throat-soothing properties. Steep at 212° for 5 minutes.
<p><b><u>Full Moon</u></b> Caffeine Level: <i>High</i></p>	Rich in antioxidants, benefits may improve heart health, enhance alertness & mental clarity, making it a popular choice for a morning boost or an afternoon pick-me-up.	Indulge in the delightful, versatile treat that can be savored both hot and cold, where the premium black tea from Sri Lanka harmonizes seamlessly with the sweet, luscious essence of blueberry. Steep at 212° for 3 minutes.
<p><b><u>Gemini</u></b> Caffeine Level: <i>High</i></p>	A delightful blend that combines the antioxidant-rich qualities of white tea with the natural sweetness and vitamin C content of apricots, potentially contributing to improved skin health and overall well-being.	A delicate fusion of white tea, rose hips, and peach flavor ignites the lively spirit of Gemini, known for their vibrant and clever conversations that bring a spark to any gathering. With apricot pieces, apples, and sunflower petals, this colorful concoction not only delights the eyes but also resonates with the eternal youthfulness that characterizes Gemini. Steep at 180° for 2-3 minutes.
<p><b><u>Goblet of Fire</u></b> Caffeine Level: <i>High</i></p>	Harnessing the natural anti-inflammatory properties of its ingredients, this blend may assist in alleviating discomfort linked to arthritis & inflammation, relief from nausea, supporting digestion, and may aid in the regulation of blood sugar levels.	Experience the bold combination of sweet, spicy cinnamon with full-bodied Ceylon black tea and the warmth of clove and lively orange peel. This tea offers a comforting, aromatic sweetness with a spicy, crisp finish, making it perfect for enjoying on its own or blended with other teas. Steep at 212° for 3 minutes.
<p><b><u>Green Goddess</u></b> Caffeine Level: <i>Moderate</i></p>	A tea composition blended not only to tantalizes the taste buds but also provides a wealth of antioxidants, digestive support, and a potential mood-lifting	. This spirited fusion unites the mellow, balanced character of Green Tea, Lemon Grass, Lemon Verbena, & Marigold Flowers, with the zesty essence of lemon and orange, concluding with the

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	effect, contributing to overall health and well-being.	soothing touch of spearmint. It's a splendid choice to refresh your afternoon without the need for excessive caffeine. Steep at 180° for 2-3 minutes.
<u>Island Time</u> Caffeine Level: <i>Caffeine Free</i>	A burst of antioxidants, vitamins, and potential digestive support, promoting overall well-being while delighting the palate with tropical flavors.	Somewhere, a hammock beckons with your name on it... Enjoy a delectable infusion of ripe pineapple, coconut, crisp apples, rose hips, and tangy hibiscus. With fruity flavors accented by citrus notes and the comforting sweetness of coconut, this brew is your tropical escape. Steep at 212° for 5-10 minutes.
<u>Harvest Moon</u> Caffeine Level: <i>Caffeine Free</i>	Harnessing the natural anti-inflammatory properties of its ingredients, this blend may assist in alleviating discomfort linked to conditions like arthritis and inflammation, while also providing relief from nausea, supporting digestion, and potentially aiding in the regulation of blood sugar levels.	The classic spices that define chai masala have been reinvented in this blend. With the opulence of cardamom, the comforting warmth of cinnamon, the lively kick of black pepper, and the snap of ginger, each sip conjures the rustling of leaves underfoot and the aroma of autumn swirling through this abundant cup of tea. Steep at 212° for 5-10 minutes.
<u>Harvest Spice</u> Caffeine Level: <i>Caffeine Free</i>	A potent blend rich in antioxidants and anti-inflammatory properties, promoting cardiovascular health and providing immune system support.	Gently enhanced with a touch of cinnamon and ginger to complement the subtle sweetness of pomegranate, delivering a comforting warmth on a crisp autumn day. Hibiscus and rose hips layer vibrant flavors in this blend featuring apple pieces, hibiscus flowers, ginger root, cinnamon bark, natural pomegranate flavor, orange peels, raspberries, and rose petals. Steep at 212° for 7-10 minutes.

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<p><u>Hedwig's Berry Bliss</u> Caffeine Level: <i>Caffeine Free</i></p>	<p>A blend that offers a potent dose of antioxidants, vitamin C, and potential immune-boosting benefits, making it a nourishing choice for overall well-being.</p>	<p>Indulge in the delightful harmony of tangy rose hips &amp; hibiscus, complemented by the allure of cranberries, forest berries, &amp; succulent blueberries in our invigorating blend. Bursting with refreshing flavors, this blend is a journey sipping a lush forest of fruity delights. Steep at 212° for 5-10 minutes.</p>
<p><u>Hermione</u> Caffeine Level: <i>Caffeine Free</i></p>	<p>This blend aims to enhance mental acuity and focus, and invigorate the body's vitality, creating a comprehensive herbal infusion that promotes both mental and physical well-being.</p>	<p>Eleuthero root, ginkgo, and gotu kola sharpening mental acuity, while peppermint, Ho Shou Wu, damiana, calendula, lemongrass, and licorice invigorate the body's vitality. This tea presents a holistic tonic that rejuvenates both mind and body, promoting overall well-being. Steep at 212° for 5-10 minutes.</p>
<p><u>Hocus Pocus</u> Caffeine Level: <i>Caffeine Free</i></p>	<p>Packed with antioxidants, notably catechins, associated with reducing cell damage, lowering inflammation, and may decrease the risk of chronic diseases. May promote relaxation and improved cognitive function, offering potential mental health and stress-relief benefits with added anti-aging properties of rosemary.</p>	<p>Though no one can live forever, Hocus Pocus presents a powerhouse of herbs to assist longevity. Green Tea Sage, &amp; rosemary is a famous wellness panacea. With a lemony twist, Hocus Pocus' pale-yellow cup is warm, friendly, and could last a lifetime! Steep at 212° for 5-10 minutes.</p>

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Tea Blend	Health & Wellness Attributes	Flavor Profile & Composition
<p><u>Leo</u> Caffeine Level: <i>Moderate</i></p>	<p>A rich infusion that combines the potential health benefits of chamomile and rooibos with the invigorating qualities of oolong, making it a well-rounded choice for relaxation and overall well-being.</p>	<p>Oolong tea entwined with rooibos &amp; orange peels ignites Leo's self-assured &amp; cheerful nature, as they often steal the spotlight with their creative charisma. Chamomile &amp; vanilla lend a soothing touch to blend, while the red safflower adds an eye-catching. Steep at 212° for 3-5 minutes.</p>
<p><u>Libra</u> Caffeine Level: <i>Moderate</i></p>	<p>A blend that caters to Libra's appreciation for balanced beauty. Masterful diplomats, Libras cherish the act of uniting people over a shared cup of tea with a potent dose of antioxidants, vitamin C, and potential immune-boosting benefits</p>	<p>A harmonious fusion of black tea with luscious strawberries, chocolate, and cream with a smattering of rose petals and cocoa nibs adds a stylish touch to their refined tea collection. Steep at 212° for 5 minutes.</p>
<p><u>Love Potion No. 9</u> Caffeine Level: <i>Caffeine Free</i></p>	<p>A blend that offers a potent dose of antioxidants, vitamin C, and potential immune-boosting benefits, making it a nourishing choice for overall well-being.</p>	<p>Indulge in a delectable infusion of all-natural fruits and spices, yielding a mouthwatering herbal tea that's a delightful choice for children &amp; those with a sweet tooth. Without added sugar, it is purely derived from hibiscus flowers, rose hips, cranberries, natural forest berries flavor, &amp; blueberries, creating a truly irresistible blend. Steep at 212° for 5-10 minutes.</p>
<p><u>Luck of the Irish Breakfast</u> Caffeine Level: <i>High</i></p>	<p>Ceylon Sonata Tea and Assam Melody Tea, both rich in antioxidants and robust flavors, may offer potential health benefits, including improved heart health and enhanced alertness, making them delightful and nourishing choices for overall well-being.</p>	<p>Elevate your morning with a robust blend of black teas providing a bright and invigorating start to your day. Ceylon's citrusy notes and the deep, malty character of Assam, all complemented by a spicy aroma, full-bodied flavor, and a lively mouthfeel, culminating in a beautifully rounded sweetness in every sip. Steep at 212° for 3 minutes.</p>

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## Tea Catalog

Tea Blend	Health & Wellness Attributes	Flavor Profile & Composition
<p><u>Luna Lullaby</u> Caffeine Level: <i>Caffeine Free</i></p>	<p>This tea blend shows promise in alleviating anxiety, stress, depression, nerve pain, inflammation, and arthritis pain, while also potentially supporting the central nervous system and providing relief from PMS cramps and muscle aches due to its antispasmodic properties.</p>	<p>Savor the soothing serenade of this harmonious blend, thoughtfully crafted to guide you into restful slumber. Gentle chamomile flowers harmonize with the melody of hibiscus, orange peel, lemon balm, and stevia leaf, while the calming influences of St. John's wort and skullcap provide a lullaby for your senses. The warm hue, adorned with edible glitter, adds a touch of enchantment to your bedtime ritual. Steep at 212° for 5-10 minutes.</p>
<p><u>Magical Cottage</u> Caffeine Level: <i>Caffeine Free</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>Pieces of orange peel and cranberries, seamlessly woven together to conjure a charming and enchanting medley of flavors. Embark on a delightful journey that invigorates your mind, nourishes your body, and sparks your sense of whimsy with every sip. Steep at 212° for 5-10 minutes.</p>
<p><u>Merry Meet</u> Caffeine Level: <i>Caffeine Free</i></p>	<p>Harnessing its natural muscle relaxant properties, this blend may offer benefits from soothing tension &amp; relieving headache to adding sinus discomfort, digestion, &amp; relief from menstrual cramps with a sense of relaxation and supports mood enhancement, promoting overall well-being.</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. Steep at 212° for 5-10 minutes.</p>

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Tea Blend	Health & Wellness Attributes	Flavor Profile & Composition
<p><u>Midnight Magic</u> Caffeine Level: <i>High</i></p>	<p>A wealth of antioxidants that may protect cells from damage, promote heart health by potentially lowering bad cholesterol levels, and improve mental alertness and focus with a modest caffeine content.</p>	<p>Inherent sweetness and subtle maltiness that you can customize with your preferred flowers or herbs to craft a unique blend that reflects your individuality. Let us blend your special tea! Steep at 212° for 3 minutes.</p>
<p><u>Midnight Margaritas</u> Caffeine Level: <i>Caffeine Free</i></p>	<p>This vibrant infusion offers a treasure trove of benefits, boasting high levels of vitamin C and antioxidants that can support immune health, improve digestion, and enhance skin vitality.</p>	<p>Instead of putting the lime in the coconut we've added key lime flavor to a delicious blend of tart hibiscus, orange peels, apple, and rosehips. Delicious either hot or iced for a playful herbal blend ideal for sunset celebrations. Steep at 212° for 5-10 minutes.</p>
<p><u>Midsummer</u> Caffeine Level: <i>Moderate</i></p>	<p>This harmonious blend combines the antioxidant-rich qualities of green tea with the natural sweetness &amp; digestive benefits of pineapple and papaya. Sip your way to improved metabolism, immune support, and a deliciously tropical escape. Cheers to a healthier you!</p>	<p>Delight in the refreshing base of green sencha tea, which perfectly complements the sweetness of pineapple and papaya. The addition of cornflower petals not only makes this tea a visual treat but also a flavorful one. Infuse it mindfully to preserve its delicate balance and prevent any bitterness from creeping in, ensuring every sip is a delightful experience. Steep at 170° for 2 minutes.</p>
<p><u>Mischief Managed Masala Chai</u> Caffeine Level: <i>High</i></p>	<p>A medley of spices such as cardamom, cinnamon, and ginger, provide a rich source of antioxidants that may support overall health &amp; can provide a gentle caffeine boost, aiding alertness &amp; energy.</p>	<p>We're delighted to present our magical Masala Chai, crafted from premium Ceylon black tea and a unique fusion of spices, including cinnamon, cardamom, cloves, and ginger. A timeless 'chai' experience awaits. Steep at 212° for 7-10 minutes.</p>

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Tea Blend	Health & Wellness Attributes	Flavor Profile & Composition
<p><b><u>Muggles Melon Berry</u></b> Caffeine Level: <i>Moderate</i></p>	<p>This vibrant blend offers a wealth of antioxidants and potential health benefits, including improved metabolism, heart health, and immune support.</p>	<p>Experience the tantalizing fusion of watermelon &amp; strawberry harmonizing with invigorating green tea. Serve it iced with a sprig of spearmint. This tea offers a delectable symphony of fruitiness, sweetness, juiciness, tartness, and overall refreshment that will leave you wanting more. Steep at 180° for 2-3 minutes.</p>
<p><b><u>New Moon</u></b> Caffeine Level: <i>High</i></p>	<p>Increased energy and feeling of vitality, improve mood, stimulate metabolism, rich in antioxidative and anti-inflammatory. Not recommended for those with high blood pressure.</p>	<p>Embark on a journey to the mystical islands with each enchanting sip. Aromas of mango &amp; passion fruit transport you to a sandy beach, where a golden sunset painted by marigolds and safflower welcomes you. As the blue cornflower sky fades, a magical night of black tea unveils itself, inviting you to savor the essence. Steep at 212° for 3 minutes.</p>
<p><b><u>Oolong</u></b> Caffeine Level: <i>Moderate</i></p>	<p>Antioxidants and potential weight management support, while also promoting heart health and aiding mental alertness. Sip your way to a healthier and more energized you with the delightful qualities of oolong tea.</p>	<p>Oolong, often referred to as "black dragon" tea, seamlessly marries the grace of green tea with the robust character of black tea. This enigmatic blend tantalizes with its subtly sweet yet intricately layered flavors, embodying the perfect balance of simplicity and complexity in every sip. Steep at 212° for 3-5 minutes.</p>

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## Tea Catalog

Tea Blend	Health & Wellness Attributes	Flavor Profile & Composition
<p><b><u>Phoenix Rising</u></b> Caffeine Level: <i>Moderate</i></p>	<p>Experience an energy boost &amp; may support weight loss, offering anti-inflammatory properties &amp; antioxidants may safeguard from oxidative stress. Enhance digestion &amp; improve gut health. May aid stomach pain &amp; nausea, while promoting heart &amp; brain health.</p>	<p>Crafted with specific intentions to ignite your mind, nourish your body, &amp; rejuvenate your spirit. Traditionally enjoyed with milk &amp; a touch of sweetness, this fusion, vibrant ginger, cinnamon, green cardamom pods, coriander, cloves, allspice, black pepper spices, and black tea leaves, serves as an inspiring catalyst for transformation. Steep at 212° for 5-10 minutes.</p>
<p><b><u>Pineapple Passion</u></b> Caffeine Level: <i>Caffeine Free</i></p>	<p>This infusion offers a wealth of antioxidants, vitamins, and potential digestive support, while also promoting immune health and overall vitality. Sip your way to a healthier you with the vibrant and health-conscious qualities of this delightful concoction.</p>	<p>Like liquid sunshine, this fruity tisane brings the tropical experience to your palate with a delightful blend of Apple Pieces, Orange, Lemon Grass, Rose Hips, Natural Pineapple Flavor, Pineapple Pieces, Rose Petals, and Marigold Flowers. Enjoy it hot or over ice for a refreshing taste. Steep at 212° for 5-10 minutes.</p>
<p><b><u>Pisces</u></b> Caffeine Level: <i>Moderate</i></p>	<p>This infusion is rich in antioxidants, vitamins, and potential immune-boosting properties, while also promoting relaxation and vitality. Sip your way to a healthier you with the harmonious and health-conscious qualities of this exceptional blend.</p>	<p>Indulge Pisces' affinity for imaginative daydreams &amp; their creative and intuitive moments. Rooibos, white tea, &amp; black tea, vibrant orange &amp; grapefruit flavors, provides a soothing retreat. With the calming influences of chamomile, lemongrass, and cornflowers, this blend helps Pisces navigate their gentle nature and shyness, encouraging moments of tranquility and self-expression. Steep at 212° for 3-5 minutes.</p>

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Tea Blend	Health & Wellness Attributes	Flavor Profile & Composition
<p><b><u>Practical Magic</u></b> Caffeine Level: <i>Moderate</i></p>	<p>Packed with antioxidants and potential health benefits, this infusion may boost metabolism, aid digestion, &amp; support your immune system. Enjoy the enchanting qualities of this vibrant blend and take a step toward a healthier you with every sip.</p>	<p>Indulge in the delightful harmony of tart and sweet with our Lychee Rose Green tea. Crafted with apple pieces and enriched by notes of rose, grape, and melon, it offers a refreshing taste that's ideal for your afternoon tea ritual. Experience a tea that sparkles on your palate and brightens your day. Steep at 180° for 2-3 minutes.</p>
<p><b><u>Relax &amp; Digest</u></b> Caffeine Level: <i>Moderate</i></p>	<p>Stimulates and supports your digestive well-being but also encourages a tranquil state of mind. Let your body do the work while your spirit finds solace in every sip.</p>	<p>Surprise your taste buds with the gentle sweetness of peppermint, a subtle kick of ginger, and the airy embrace of fennel. Chamomile and Rose Petals complete his carefully curated blend creates a pale, comforting cup.</p>
<p><b><u>Relax &amp; Restore</u></b> Caffeine Level: <i>Moderate</i></p>	<p>Crafted to provide a gentle cleanse for your body and a lift for your spirits, this caffeine-free blend is a harmonious fusion boasting both anti-inflammatory and antioxidant properties. Designed to restore your body's innate harmony.</p>	<p>A perfect union of wellness &amp; delight in every sip with our meticulously crafted blend of Burdock, Milk Thistle, Green Rooibos Tea, Cinnamon, Lemon Balm, Dandelion Root, &amp; Peppermint Leaves, Let the refreshing mint notes &amp; spicy zest enliven your senses as you indulge in the revitalizing power of nature's finest ingredients.</p>
<p><b><u>Relax &amp; Unwind</u></b> Caffeine Level: <i>Caffeine Free</i></p>	<p>May reduce stress, improve digestion, better sleep, enhance mood, &amp; the antioxidant-rich qualities of this soothing blend. Elevate your daily ritual with a cup that nourishes both your body and your spirit, offering tranquility &amp; vitality.</p>	<p>Experience a sensory delight with an alluring aroma, a smooth citrusy taste, and gentle hints of lavender, featuring Apple Pieces, Lemon Grass, Rose Hips, Lavender, Orange, Natural Lemon Flavor, and Blue Cornflowers. This calming infusion invites you to unwind and find tranquility after a busy day. Steep at 212° for 5-10 minutes.</p>

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Tea Blend	Health & Wellness Attributes	Flavor Profile & Composition
<p><u>Rise &amp; Shine</u> Caffeine Level: <i>High</i></p>	<p>This harmonious combination offers a range of potential health benefits, including enhanced energy, mental alertness, and metabolism support.</p>	<p>Energize your mornings with our invigorating blend of Toasted Mate Tea, Black Tea, Cocoa Nibs, Kola Nuts Inclusion, Cinnamon, and Safflower. It's the perfect way to start your day feeling bright and full of energy! Steep at 212° for 5-10 minutes.</p>
<p><u>Ritual Cleanse</u> Caffeine Level: <i>Moderate</i></p>	<p>Elevates energy levels and metabolism while promoting a well-functioning digestive system and keeps it moving smoothly. (Go easy though, or it may end up moving a little too smoothly.)</p>	<p>Discover the perfect blend of taste and efficacy with our unique combination of Oolong Tea, Ginger, Apple Pieces, Senna Leaf, Green Tea, Yerba Mate Tea, Dandelion Root, Orange, Cinnamon, Safflower, Natural Creme Brule Flavor, and Natural Cinnamon Flavor. Steep at 212° for 3-5 minutes.</p>
<p><u>Royal English Breakfast</u> Caffeine Level: <i>High</i></p>	<p>English Breakfast tea is a source of antioxidants and can contribute to improved heart health, enhanced mental alertness, and overall well-being.</p>	<p>Our "Classic Keemun English Breakfast" tea blend offers the time-honored, slightly smoky flavor and ideal astringency of fine quality Keemun. With a beautifully balanced, honeyed aroma, this tea is perfect on its own or with a splash of milk. Steep at 212° for 3-5 minutes.</p>
<p><u>Sagittarius</u> Caffeine Level: <i>Moderate</i></p>	<p>Black tea offers a comforting dose of caffeine and a rich source of antioxidants, supporting alertness and overall health. The addition of raspberries infuses this blend with even more antioxidants and a delightful fruity flavor, making it a tasty and health-conscious choice.</p>	<p>For the ever-adventurous Sagittarius, we present a blend of black tea infused with earl grey, vanilla, and creme flavors. Fuel your next expedition with the energy you need. To satisfy your curiosity and ward off boredom, we've added playful raspberry pieces and vibrant red safflowers, perfect for your journey of exploration. Steep at 212° for 3-5 minutes.</p>

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## Tea Catalog

Tea Blend	Health & Wellness Attributes	Flavor Profile & Composition
<p><b><u>Scorpio</u></b> Caffeine Level: <i>Moderate</i></p>	<p>Black tea &amp; rooibos offers a balance of caffeine and antioxidants, promoting alertness and well-being. Infused with the luscious flavors of mango, dark chocolate, &amp; vanilla, a delightful and indulgent experience while providing a rich source of nutrients and antioxidants for your health.</p>	<p>A powerful fusion of black tea, rooibos, and vanilla, designed to fuel Scorpio's inquisitive nature and relentless pursuits. With chocolate chips and mango pieces, this blend offers a hidden indulgence for Scorpios to relish in solitude. Steep at 212° for 3-5 minutes.</p>
<p><b><u>Shire Shenanigans</u></b> Caffeine Level: <i>Caffeine Free</i></p>	<p>This blend bursting with antioxidants, promoting heart health &amp; immune support. This infusion not only delights the palate but also provides a natural source of vitamin C and potential anti-inflammatory properties to boost overall well-being.</p>	<p>Just like a bountiful summer harvest, the vibrant blend of fresh raspberries, apple pieces, rose hips, and hibiscus beautifully captures the essence of fresh picked raspberries in the shire. Steep at 212° for 5-10 minutes.</p>
<p><b><u>Sleeping Beauty</u></b> Caffeine Level: <i>Caffeine Free</i></p>	<p>Tailored for relaxation and stress relief, promoting better sleep and overall tranquility. The combination of these calming herbs and cherries offers potential benefits for anxiety reduction and improved sleep quality.</p>	<p>A beautiful blend right out of a fairytale. Valerian Root, Honeybush Tea, Chamomile Flowers, Spearmint Leaves, Passion Flowers, Lemon Balm, Lavender, Cherries &amp; Blue Cornflowers will help you drift right off to dreamland. Steep at 212° for 5-10 minutes.</p>
<p><b><u>Sleepy Hollow</u></b> Caffeine Level: <i>Moderate</i></p>	<p>Abundant in essential nutrients like iron and potassium, this tea may potentially contribute to lower blood-glucose levels in diabetic individuals while offering potential relief for asthmatic conditions. It also enhances mental alertness and boosts energy levels,</p>	<p>Indulge in the dark and captivating essence of this Black Tea, subtly sweetened by the presence of black currants and black currant leaves. Just as thrilling as the tale itself, Sleepy Hollow Tea promises to inspire and delight. Steep at 212° for 3 minutes.</p>

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Tea Blend	Health & Wellness Attributes	Flavor Profile & Composition
<p><b><u>Spellbound</u></b> Caffeine Level: <i>Caffeine Free</i></p>	<p>Packed with Vitamin C, this tea can invigorate the immune system and may contribute to reduced blood pressure. It also exhibits anti-inflammatory, metabolism-regulating, and antidepressant properties, promoting overall well-being.</p>	<p>A delightful tisane with tart cranberries, slivers of orange peel, and apple chunks, delivering a natural, sweet taste that evokes the essence of an autumn orchard. Adorned with vibrant hibiscus petals, the amber cup envelops you in the warmth and richness of a fruit pie, creating a truly delectable experience. Steep at 212° for 5-10 minutes.</p>
<p><b><u>Strawberry Moon</u></b> Caffeine Level: <i>Caffeine Free</i></p>	<p>Rich in antioxidants, this tea has the potential to assist in managing high blood pressure and reducing elevated cholesterol levels by lowering "bad" cholesterol. It may also alleviate symptoms of depression and promote healthy digestion.</p>	<p>Capture the vibrant energy of the Strawberry moon in this exquisite blend. Strawberry and Blueberry leaves playfully infuse the cup, while Juniper Berries, Myrtle leaves, and Hibiscus gracefully twirl around them, enveloping you in the delightful aroma of a stroll through your strawberry patch. Steep at 212° for 5-10 minutes.</p>
<p><b><u>Summer Solstice</u></b> Caffeine Level: <i>Moderate</i></p>	<p>With its anti-inflammatory and antioxidant properties, as well as a rich array of vitamins, minerals, and essential fatty acids, this tea offers a nourishing and healthful experience.</p>	<p>This Black Tea, bursting with natural fruit flavoring, is complemented by the vibrant red safflower leaves, which contribute to the alluring and seductive character of this exceptionally enticing tea. Steep at 212° for 3 minutes.</p>
<p><b><u>Summer Spice</u></b> Caffeine Level: <i>Caffeine Free</i></p>	<p>Turmeric is known for its anti-inflammatory &amp; antioxidant properties. Ginger and peppercorn enhance digestion and provide an invigorating kick.</p>	<p>Radiant and warm, we combine the luscious sweetness of ripe mangos with the zesty brightness oranges. This fruity harmony complements the earthy notes of turmeric, while ginger and peppercorn add a vibrant touch to invigorate your senses. Delight in the flavors as you nurture your body. Steep at 212° for 5-10 minutes.</p>

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Tea Blend	Health & Wellness Attributes	Flavor Profile & Composition
<p><b><u>Sweater Weather</u></b> Caffeine Level: <i>Moderate</i></p>	<p>It is rich in antioxidants, which can combat oxidative stress &amp; may also support weight management by boosting metabolism and aiding in fat oxidation. It may also promote digestive health and support oral hygiene due to its fluoride content.</p>	<p>The subtle smokiness of gunpowder tea, intertwined with the vibrant tang of apples &amp; rose hips, evokes the image of a serene morning walk amid the distant aroma of autumn leaf fires. Infused with gentle hints of cinnamon &amp; creme, envelops you in warmth &amp; comfort, much like slipping into your cherished, cozy sweater. Steep at 180° for 3 minutes.</p>
<p><b><u>Taurus</u></b> Caffeine Level: <i>Moderate</i></p>	<p>This remarkable brew offers a spectrum of antioxidants and potential weight management support, while also promoting heart health and aiding in mental alertness. Sip your way to a healthier and more energized you with the delightful qualities of oolong tea.</p>	<p>Infused with the delightful essence of peach, oolong and white teas offers Taurus a sensory and soothing experience they can count on for daily indulgence. As the day winds down, Taurus finds solace in their garden, savoring the pleasures of a delicious cup of tea complemented by the addition of apple pieces and marigold petals, catering to their refined aesthetic preferences. Steep at 212° for 3-5 minutes.</p>
<p><b><u>'Tis The Season</u></b> Caffeine Level: <i>High</i></p>	<p>Anti-inflammatory &amp; antioxidant properties; may also contribute to reducing inflammation, supporting the immune system, and black tea is said, potentially, to aid in the prevention of chronic diseases.</p>	<p>A fragrant blend of high-quality black tea, featuring the spicy notes of cinnamon, the pungency of cloves, and the zest of orange peels, making it a delightful choice for year-round enjoyment. Perfect for indulging your taste buds and creating a cozy atmosphere. Steep at 212° for 3 minutes.</p>

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Tea Blend	Health & Wellness Attributes	Flavor Profile & Composition
<p><b><u>Troll House Cookie</u></b> Caffeine Level: <i>High</i></p>	<p>Anti-inflammatory &amp; antioxidant properties; may also contribute to reducing inflammation, supporting the immune system, and black tea is said, potentially, to aid in the prevention of chronic diseases.</p>	<p>Dark chocolate chips gracefully meld into the infusion of Ceylon black tea, resulting in the perfect fusion of two delectable delights for your taste buds. The chocolate chip components encompass organic cane sugar, organic chocolate liquor (cocoa mass), and organic cocoa butter, ensuring a truly tantalizing experience. Steep at 212° for 3 minutes.</p>
<p><b><u>True Love</u></b> Caffeine Level: <i>High</i></p>	<p>Rich in antioxidants like theaflavins &amp; thearubigins, benefits may improve heart health, enhance alertness &amp; mental clarity, making it a popular choice for a morning boost or an afternoon pick-me-up.</p>	<p>Indulge in the flavors of chocolate-covered strawberries with this exquisite blend of black tea harmoniously paired with the richness of dark chocolate &amp; the sweet essence of fresh strawberries. Delight in the chocolate chips, along with organic cane sugar, organic chocolate liquor, and cocoa butter, creating a guilt-free treat that satisfies your cravings. Steep at 212° for 3 minutes.</p>
<p><b><u>Unicorn Tea</u></b> Caffeine Level: <i>Caffeine Free</i></p>	<p>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.</p>	<p>A fantasy of flavors fills this rare blend. Blueberry &amp; Strawberry leaf host this party. Invitees include Rose hips, Lemon Peel, Lemon Balm, Juniper Berry, &amp; Stevia leaf all attend to pay tribute to Butterfly pea flower, the guest of honor. With edible glitter to shimmer &amp; glisten. Steep at 212° for 5-10 minutes.</p>

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Tea Blend	Health & Wellness Attributes	Flavor Profile & Composition
<p><u>Virgo</u> Caffeine Level: <i>High</i></p>	<p>Brimming with antioxidants, promoting cellular health &amp; providing potential protection against oxidative stress. May support relaxation, digestion, and the immune system, contributing to overall well-being.</p>	<p>White tea mixed with lemongrass, honeybush and chamomile will live up to Virgo's meticulous standards. Virgos are exacting about every detail of their daily routine, especially their morning cup of tea. An antioxidant-rich blend of rosehips, apricots and marigold petals sharpens Virgo's mental acuity &amp; calms their nerves. Steep at 180° for 3-5 minutes.</p>
<p><u>Voldemort</u> <small>The tea that shall not be named.</small> Caffeine Level: <i>Caffeine Free</i></p>	<p>Potential benefits for digestion and gut health. This herbal combination is rich in antioxidants and may support liver function, providing a delicious and health-conscious choice for those seeking a coffee alternative.</p>	<p>A robust and invigorating coffee alternative that. Organic roasted dandelion root, chicory root, carob, and maca powder meet to offer an ideal selection for coffee aficionados seeking to decrease their caffeine intake while relishing a deeply satisfying cup. Steep at 212° for 5 minutes or longer.</p>
<p><u>Wassailing We Will</u> <u>Go</u> Caffeine Level: <i>High</i></p>	<p>Chai tea offers a blend of antioxidant-rich spices and black tea that may help reduce oxidative stress and inflammation. Additionally, the warming and soothing properties can provide comfort and relaxation, making it a popular choice for stress relief and mental clarity.</p>	<p>A delightful twist on the classic Chai. For a cozy seasonal cider tea blend, brew twice as strong &amp; mix with an equal portion of hot apple cider to dispel the cold. This aromatic infusion combines Black Tea, Cinnamon, Ginger, Cardamom, Orange, Cloves, Apple Pieces, Natural Apple Flavor, and Natural Cinnamon Flavor. Steep at 212° for 5 minutes.</p>
<p><u>Winter is Coming</u> Caffeine Level: <i>High</i></p>	<p>May boost heart health, lower high cholesterol, improve oral health, boost bone health, increase alertness.</p>	<p>A black tea delicately infused with the warm embrace of cinnamon and enhanced with the delightful sweetness of apples and oranges. This tea is the perfect companion for cozy evenings by the fireside, offering comfort and relaxation. Steep at 212° for 3 - 5 minutes.</p>

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Tea Blend	Health & Wellness Attributes	Flavor Profile & Composition
<p><u>Winter Solstice</u> Caffeine Level: <i>Caffeine Free</i></p>	<p>Red rooibos tea offers a caffeine-free, antioxidant-rich beverage that may help protect cells from oxidative stress and promote overall health. It's also known for its potential anti-inflammatory properties, aiding digestion, and contributing to heart health by helping to regulate blood pressure and cholesterol levels.</p>	<p>Our delightful holiday herbal blend of rooibos tea with a harmonious medley of apple pieces, cocoa nibs, marigold flowers, &amp; blue cornflowers. Enhanced with the natural flavors of caramel, hazelnut, &amp; chestnut, it offers a smooth, rich taste that brings forth a natural sweetness and depth. Enjoy this ideal blend while sipping by the fire on a snowy winter's evening. Steep at 212° for 5 minutes.</p>
<p><u>Witches Brew</u> Caffeine Level: <i>Caffeine Free</i></p>	<p>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.</p>	<p>This herbal tisane offers a natural defense during the cold and flu season. Combining Elder Flower, Rosehips, Yarrow, Peppermint, Ginger, and Anise seeds, this apothecary of healing herbs and flowers collaborates to support your well-being, helping you navigate the challenges of the season. Steep at 212° for 5-10 minutes.</p>
<p><u>Wizards Grogg</u> Caffeine Level: <i>Caffeine Free</i></p>	<p>Immune-boosting properties of hibiscus and elderberry with the reputed immune-supportive qualities of echinacea. Lemon grass adds a pleasant citrusy note while contributing antioxidants that may promote overall health and well-being.</p>	<p>A tea you might imagine taking on an adventure to Middle Earth. This tisane is a rich and intricate blend of Hibiscus, Rose Hips, Elderberry, Echinacea, Lemon Grass, &amp; Blue Cornflowers with hints of Apple Pieces and Raspberries. The is the one tea to rule them all. Steep at 212° for 5 minutes.</p>

Important: Refer to the last page of this catalog for important information regarding precautions and potential drug interactions before using Teas, Herbs, or any natural remedies. Always consult a medical professional before use.



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Tea Blend	Health & Wellness Attributes	Flavor Profile & Composition
<p><u>Wizarding Weasley</u> Caffeine Level: <i>High</i></p>	<p>Aids to detoxify &amp; diminish inflammation, remove dampness and invigorate circulation of blood, but also have the health effects of warming stomach, stopping vomiting, eliminating body waste etc.</p>	<p>In this enchanting alchemy, robust Black tea leaves harmonize with the spicy warmth of ginger and the gentle fruitiness of summer peaches. This captivating blend encapsulates the mystical power, vitality, and wisdom of a wizard. Steep at 212° for 3 to 5 minutes.</p>
<p><u>Yuletide Todd-Tea</u> Caffeine Level: <i>Caffeine Free</i></p>	<p>Tea that is rich in antioxidants and may help support immune health, digestion, and provide anti-inflammatory properties. With its flavorful and nourishing ingredients, this infusion offers a delicious way to enhance overall well-being.</p>	<p>Indulge in the delightful symphony of classic Yule holiday flavors of Hibiscus, the tartness of cranberry, zesty orange, cherries, ginger, rosehips and a hint of sparkling cinnamon spice. This festive infusion offers a harmonious balance of tangy and sweet, evoking the spirit of the season. Steep at 212° for 5-10 minutes.</p>

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# IMPORTANT NOTE ON TEAS, HERBS AND SPICES

**BLACK & CAFFEINATED TEAS:** Not recommended for those with caffeine sensitivity, high blood pressure or related medical issues or concerns.

**ALLERGEN ALERT:** All Teas, herbs and/or spices may at some point that come into contact with tree nuts, peanuts or similar. Teas that specifically contain Hibiscus stand a higher chance of such contact. In addition, Hibiscus may be intercropped with **peanuts**. Occasionally, fragments of peanut shells may be present.

**PREGNANCY ALERT:** Please consult a physician prior to using any herbal teas if you are pregnant as some herbs/teas may pose certain risks to those who are pregnant or nursing.

**PRECAUTION:** Licorice root Not for use in pregnancy. Persons with hypertension, liver disorders, edema, severe kidney insufficiency, low blood potassium, or heart disease should exercise caution & consult Dr if using licorice root as well as some other additional roots & herbs.

### **DISCLAIMER: DRUG INTERACTIONS WITH: TEA, HERBS AND SPICES**

When considering the use of teas and herbal products, it is crucial to consult with a healthcare professional, particularly if you are taking any prescription medications, over-the-counter drugs, or have underlying medical conditions. Many herbs and teas may interact with medications, potentially affecting their efficacy, safety, or causing adverse reactions. **Interactions can occur due to the active compounds found in teas and herbs.**

The Enchanted Candle Apothecary and its staff are not medical professionals. While we are knowledgeable about herbal remedies, we cannot provide medical advice or treatment. The information, products, and advice provided by our apothecary are for general knowledge and educational purposes only.

When it comes to your health and well-being, we strongly advise you to consult with qualified healthcare professionals for medical guidance, diagnosis, and treatment. This is especially crucial if you have underlying medical conditions, are taking prescription medications, or are pregnant or nursing.

The use of herbal remedies should be approached with caution and under the supervision of a healthcare provider, as herbs may interact with medications or affect individual health differently. Always prioritize your health and safety by seeking the expertise of healthcare professionals to make informed choices regarding your well-being.

Important: Refer to the last page of this catalog for important information regarding precautions and potential drug interactions before using Teas, Herbs, or any natural remedies. Always consult a medical professional before use.