



## Tea Catalog

Enchanted Tea Blend	Wellness Attributes	Flavor Profile & Composition
<u>All Hallows' Eve</u> Caffeine Level: <i>Caffeine Free</i>	High in antioxidants & alpha hydroxy acids may reduce oxidative damage caused by free radicals. May aid to reduce insulin resistance, boost metabolism & lower blood sugar levels & may aid respiratory tract infections caused by fungi.	The colors of fall foliage swirl around in this cup of red rooibos tea with warm tones of yellows & browns from soft calendula petals, ground cinnamon & 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.
<u>Almond Biscot-Tea</u> Caffeine Level: <i>Moderate</i>	Almond Biscot-tea is packed with the energizing benefits of yerba mate, known for its natural caffeine content & ability to boost focus & stamina. Combined with chai spices, this blend also supports digestion & provides a rich source of antioxidants for overall wellness.	Power through your day with our Almond Biscot-Tea, a bold yerba mate blend that fuses the invigorating warmth of chai spices with a subtle touch of tropical fruit. Hot air-dried & never smoked, this energizing herbal tea delivers a smooth, flavorful kick that's perfect for tackling life's challenges. Steep at 212° for 5-10 minutes.
<u>Aquarius</u> Caffeine Level: <i>High</i>	Antioxidants called flavonoids benefit the heart. Consuming on a regular basis may help reduce many risk factors for heart disease, including high blood pressure, high cholesterol, elevated triglyceride levels, & obesity.	Black tea infused with hazelnut & vanilla will fuel Aquarius' inventive thinking & lively conversations. Aquarians are visionaries & 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 & blue cornflowers satisfy Aquarius' thirst for the unusual. Steep at 212° for 3-5 minutes.
<u>Aries</u> Caffeine Level: <i>Moderate</i>	From giving your immunity, a massive boost to stopping aches & pains, many benefits that come inside of chai tea. A special spiced brew warms you to the core, & a pinch of caffeine to get your energy going & can help with everything from heart health to weight loss & helping the body detox.	The spicy mixture of black tea & masala spices keeps up with Aries' boundless energy & initiative. Aries are determined to get the most of every experience, including their morning cup of tea. The combination of cinnamon, cardamom, & red peppercorns will help kick-start the day, giving Aries a winning edge. Steep at 212° for 3-5 minutes.

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<u>Autumn Renaissance</u> Caffeine Level: <i>Caffeine Free</i>	Chamomile promotes relief from stress, anxiety, depression & relaxes the body. Promotes restful sleep. Helps settle the stomach. High in antioxidants & anti-inflammatory properties.	Chamomile flowers, known for their ability to relax the body & settle the stomach with red hibiscus flower that may assist to lower blood pressure & cholesterol; reduce levels of sugar & fats in the blood; reduce swelling & inflammation. A splash of orange peel tops off this wonderful floral blend. Steep at 212° for 5-10 minutes.
<u>Basic Witch</u> Caffeine Level: <i>High</i>	Comforting spices & the soothing qualities of tea, it's a perfect beverage for cozy days. Some receive benefits, such as improved digestion, inflammation, & enhanced mood.	Autumn festivities just wouldn't be the same without the comforting, smooth sweetness of spiced pumpkin. Warm & rich flavor, with lingering cozy aromatics. Steep at 212° for 3 minutes.
<u>Bahama Mama</u> Caffeine Level: <i>Low</i>	Antioxidant benefits of white tea, which supports overall wellness and promotes a healthy immune system. The fruity flavors and rose petals provide a natural boost of hydration while offering calming and soothing properties for relaxation and rejuvenation.	Bahama Mama Tea is a vibrant, tropical escape in a cup, blending the light, refreshing taste of white tea with a medley of fruity flavors and delicate rose petals. Each sip offers a burst of natural sweetness and floral notes, transporting you to a sunny paradise and renewing your body and spirit. Steep at 180°F for 3 minutes.
<u>Bedtime Berry</u> Caffeine Level: <i>Caffeine Free</i>	Antioxidant benefits of raspberries and decaf Ceylon tea, supporting overall health and wellness. Naturally caffeine-free, it's a soothing option for relaxation while still providing the rich flavor of traditional tea.	A charming blend of decaf Ceylon tea, raspberries, and raspberry leaves, offering a playful candy-like aroma and jammy sweetness. Its tangy, dry finish is perfectly balanced, making it a delightful choice for a smooth and flavorful caffeine-free cup. Steep at 212° for 3 minutes.

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<u><b>Berry Romantic</b></u> Caffeine Level: <i>High</i>	Berry Romantic Tea offers a soothing boost of antioxidants from black tea and cocoa nibs, supporting heart health and overall wellness. The addition of raspberry leaves and rose petals provides calming and uplifting properties, perfect for nurturing both body and spirit.	Black tea with the sultry notes of cocoa nibs and raspberries, creating a flavor that is both bold and tender. Accented with delicate raspberry leaves, rose petals, and a touch of chocolate, this tea is as captivating as a love story. Is it an aphrodisiac? Perhaps. Is it delicious? Absolutely. Whether you're sipping it solo or sharing it with someone special, it's the perfect brew to set the mood.
<u><b>Blackberry Bramble</b></u> Caffeine Level: <i>High</i>	A great boost for energy, alertness, & metabolism. The tannins aid to reduce the negative action of free radicals with the added benefits of iron, vitamin C, B12, B1 & antioxidants. Drinking daily may be helpful with gut health, gas, hemorrhoids, diarrhea, regulating menses & anemia.	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 & confidence of its spirit. Steep at 212° for 3 minutes.
<u><b>Blessed Be</b></u> Caffeine Level: <i>Caffeine Free</i>	Rich in Iron, vitex calms irritability, depressed mood & migraines. The additional components of this tea may help maintain heart health, lower blood pressure, ease colds, flush toxins out of the body & aid insomnia, stress & ease bronchitis.	May you be blessed with this offering blended with linden flower, nettles, & vitex along with a bouquet of roses, raspberry leaf, & Lemon & hint of cinnamon & the sweetness of stevia adds to the magic of this bewitching brew. Steep at 212° for 3 minutes.
<u><b>Blood Moon</b></u> Caffeine Level: <i>Caffeine Free</i>	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.	Blood Orange, Rose Hips, Hibiscus & Natural Orange Flavor are blended to create this sweet, tangy & eerily delectable tea with the deep vibrant color of the blood moon. Steep at 212° for 5-10 minutes.
<u><b>Bonfire Brew</b></u> Caffeine Level: <i>High</i>	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	Blending black tea & chocolate with mini marshmallows for a hint of sweetness reminds us of a campfire & S'mores. Complete with a hint of smokiness from Lapsang Souchong to round out the entire delicious experience. Steep at 212°

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		for 3 minutes.
<u>Breath Ease-Tea</u> Caffeine Level: <i>Caffeine Free</i>	Breath Ease-Tea is blended with mullein and eucalyptus, traditionally known for supporting lung health and promoting clear, easy breathing. The addition of peppermint, ginger, and lemongrass further enhances respiratory wellness, making it a soothing choice for maintaining a healthy respiratory system.	Breath Ease-Tea offers a refreshing and invigorating flavor profile, combining the crisp coolness of peppermint and eucalyptus with the bright citrus notes of orange and lemongrass. A warming touch of cinnamon and ginger is perfectly balanced by the subtle sweetness of licorice and fennel, creating a harmonious and soothing blend. Steep at 212° for 5 minutes.
<u>Brigid's Blessings</u> Caffeine Level: <i>Caffeine Free</i>	May help balance mood, lower anxiety, blood pressure, blood sugar levels over time & help with joint pain associated with osteoarthritis & can be used safely alongside nonsteroidal anti-inflammatories (NSAIDs). Safe for use during pregnancy.	An exceptional blend created to enhance uplift your mood & clam your mind & body. Notes of Oat straw & nettles join a chorus of Spearmint & Raspberry leaves the flutter around joyful Chamomile flowers, Ginger & Lemon balm to create a harmonious fusion of happiness. Steep at 212° for 5-10 minutes.
<u>Bourbon Barrel Brew</u> Caffeine Level: <i>High</i>	Antioxidants that support heart health and boost focus and energy. Its warming flavors, like caramel and roasted apple, create a comforting experience, making it an enjoyable choice for both relaxation and mental clarity.	Bourbon Barrel Brew is a sophisticated tea blend perfect for any occasion, capturing the essence of a fine bourbon without the buzz. With notes of malt, subtle barrel smoke, caramel, roasted apple, and vanilla, it delivers a rich, nuanced flavor. Enjoy it iced with mint-infused simple syrup for a teetotaler's take on a classic mint julep. Steep at 212° for 3 minutes.
<u>Blue Moon</u> Caffeine Level: <i>Caffeine Free</i>	Rich in antioxidants from blueberries & hibiscus, which can support heart health & help combat free radicals. Its naturally caffeine-free blend is also hydrating & gentle on the stomach.	Enjoy the smooth, slightly tart delight of our Blue Moon tea, a vibrant blend of juicy blueberries, crisp apple pieces, & hibiscus flowers. Naturally sweet, like a slice of fresh blueberry pie, but with no added sugars or sweeteners.

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	on the stomach, making it a great choice for all ages.	Perfectly served hot or cold, it's a treat for kids & the young at heart alike! Steep at 212° for 5-10 minutes.
<u>Burrow Brew</u> Caffeine Level: <i>High</i>	A few cups daily may strengthen the immune system, with cardamom, a rich source of vitamin C & essential nutrients. Antioxidants play a role in combating free radicals generated	Delight in the rich flavor of premium black tea & zesty Asian Ginger, Natural Gingerbread Flavor, Cinnamon, & Orange. This spicy infusion is a treat that's equally enjoyable whether served hot or cold. Try & savor the indulgence it offers to your taste buds. Steep at 212° for 3 minutes.
<u>Butterscotch Brew</u> <u>Ha-Ha</u> Caffeine Level: <i>High</i>	Rich in antioxidants like theaflavins & thearubigins, benefits may improve heart health, enhance alertness & mental clarity.	This dessert tea is a delightful infusion of sweet, buttery, & whimsical flavors, complemented by subtle notes of apple, cocoa nibs, & marigold, offering a satisfying solution to your sweet cravings. Black Tea, Apple Pieces, Cocoa Nibs, Rose Hips, Natural Butterscotch Flavor & Marigolds. Steep at 212° for 3 minutes.
<u>Cauldron Chocolate</u> <u>Chai</u> Caffeine Level: <i>Caffeine Free</i>	A few cups of chai tea daily may strengthen the immune system, with cardamom, a rich source of vitamin C & essential nutrients. Antioxidants play a role in combating free radicals generated by environmental pollutants & dietary toxins, helping to safeguard against cellular damage.	Indulge in the warming embrace of our Hot Chocolate-inspired tea. Chocolate chips intermingle with rooibos tea. A hint of ginger complements the citrus nuance of cardamom in this soothing & comforting blend. Add whipped cream & 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.
<u>Cancer</u> Caffeine Level: <i>Moderate</i>	Antioxidants & metabolism-boosting qualities of green tea with the calming & digestive benefits of chamomile, offering a harmonious blend that supports both physical & mental well-being. This delightful combination can help you relax & unwind.	Cancers love to maintain a comfortable home & serve their family after-dinner tea. The soothing blend of rose hips, chamomile & rooibos will calm Cancer's emotional side, while the cornflowers & marigold petals raise their cheerful spirits. Steep at 180° for 2-3 minutes.

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<u>Candy Cane Lane</u> Caffeine Level: <i>High</i>	This combination of black tea & peppermint leaves offers a refreshing & invigorating brew that can help improve digestion, alleviate stress, & provide a delightful energy boost.	Take a trip down Candy Cane Lane & brew up some childhood holiday nostalgia with this Sri Lanka Black Tea flavored with real candy cane pieces & peppermint leaves, evoking the joy of festive seasons in every delightful sip. Steep at 212° for 3 minutes.
<u>Capricorn</u> Caffeine Level: <i>Moderate</i>	The practical choice for giving Capricorn a serious dose of focus & flavor. Capricorns work hard; & need smooth yet strong tea to get them through long nights at work. A balanced caffeine kick & a bouquet of antioxidants for a well-rounded & revitalizing tea experience.	Black Tea, White Tea, Ceylon Sonata, Assam Melody Tea, Coconut, Apple Pieces, Rose Petals, Natural Coconut Flavor & Natural Vanilla Flavors Vanilla & rose petals are a classic combination of flavors that Capricorns can depend on. Steep at 212° for 3-5 minutes.
<u>Chestnuts Roasting on an Open Fire</u> Caffeine Level: <i>High</i>	Antioxidant benefits of premium black tea, supporting heart health and boosting mental clarity. It's comforting roasted chestnut flavor adds warmth and relaxation, making it a perfect choice for both wellness and indulgence during the holiday season.	Chestnuts Roasting on an Open Fire Tea is a rich and full-bodied black tea infused with the warm, nutty flavor of roasted chestnuts. Smooth and pleasantly dry, it's the perfect companion for cozy moments by the fire, capturing the spirit of the holiday season. Steep at 212° for 3 minutes.
<u>Cloak of Invisibili-Tea</u> Caffeine Level: <i>High</i>	Calendula flowers are believed to possess anti-inflammatory properties that could be advantageous in addressing conditions like gastritis, acid reflux, ulcers, & alleviating stomach discomfort.	Envelop yourself in the comforting embrace of robust black tea, naturally sweetened with the essence of passion fruit & 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.

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<u>Conjuring Dreams</u> Caffeine Level: <i>Caffeine Free</i>	Featuring a harmonious blend of flowers, herbs, & spices, this tea offers a multifaceted symphony of flavors to soothe your mind & body. Crafted to promote peaceful sleep & stress relief while drinking a cup or two daily may assist with lowering blood pressure.	Featuring a harmonious blend of flowers, herbs, & spices, this tea offers a multifaceted symphony of flavors to soothe your mind & body. Let the calming influence of chamomile, calendula, & linden flowers meld with the stress-relieving properties of oat straw, catnip, & skullcap, inviting sweet dreams & relaxation. Steep at 212° for 5-10 minutes.
<u>Cottage Core</u> Caffeine Level: <i>High</i>	Antioxidant-rich properties of black & oolong teas, which support heart health & boost focus, with calming vanilla & uplifting pomegranate for a balanced, soothing experience. A touch of relaxation, making it a perfect tea for both quiet reflection & indulgent moments.	Cottage Core Tea is a romantic escape in a cup, blending rich black & oolong teas with the sweet, delicate flavors of pomegranate, vanilla, bergamot, & caramel. Each sip evokes the charm of a countryside spring morning, with blossoms in the air & the promise of warm sunshine, as if stepping into the pages of a Jane Austen novel. Steep at 212° for 3 minutes.
<u>Cozy Winters Night</u> Caffeine Level: <i>Caffeine Free</i>  <b>Precaution:</b> Not for use during pregnancy	Supports overall wellness with eleuthero root & astragalus root for immune health, roasted dandelion & chicory roots for gentle detoxification, & warming spices to aid digestion & promote relaxation. <b>Precaution:</b> Not for use during pregnancy. Individuals with hypertension, liver disorders, edema, severe kidney insufficiency, low blood potassium, or heart disease should consult a doctor before using licorice root.	This earthy & aromatic tea blend, featuring eleuthero root, roasted dandelion root, & warming spices like cinnamon & ginger, offers grounding & soothing properties perfect for any season. Whether enjoyed on a chilly winter night or a peaceful summer evening, its rich & balanced flavor makes it a comforting choice year-round. Steep at 212° for 3 to 5 minutes or simmer for 10 minutes for stronger tea.

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<u><b>The Craft</b></u> Caffeine Level: <i>High</i>	Combining red raspberry with black tea provides a rich source of essential nutrients like Magnesium, Calcium, Antioxidants, & potassium. Research suggests that an adequate intake of potassium may contribute to maintaining blood pressure levels & reducing the risk of stroke.	An infusion of vibrant Ceylon black tea harmonizes with the sweet & tart essence of red raspberry, creating a delightful, candy-like aroma & a subtly tangy raspberry. The tea offers a rounded texture, balanced astringency, & a sweet, gently dry finish, resulting in a playful & juicy cup that maintains its tanginess without becoming overly intense. Steep at 212° for 3 minutes.
<u><b>Professor McGonagall's Cranberry Christmas</b></u> Caffeine Level: <i>Caffeine Free</i>	Rich in antioxidants from green rooibos, cranberries, and hibiscus, supporting immune health & overall wellness. With rose hips providing a natural boost of vitamin C and cinnamon aiding digestion, it's a festive & healthy choice for any time of day.	Professor McGonagall's Cranberry Christmas Tea combines green rooibos with the vibrant flavors of cranberries, apple, and hibiscus, accented by warming cinnamon and a hint of spice from red peppercorn. This caffeine-free blend is both festive and soothing, perfect for cozy winter evenings or refreshing iced sips. Steep at 212° for 5 minutes.
<u><b>Deck the Halls</b></u> Caffeine Level: <i>Moderate</i>	Antioxidants & metabolism support, making it deliciously delightful & a pick during the holiday season. A delectable treat while being a carb-conscious choice.	Celebrate December days with our festive & delightful tea blend. With vibrant cranberry notes, the richness of pecans, & 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, & more in every delightful sip. Steep at 180° for 2-3 minutes.
<u><b>Dragon Spirits Elderberry</b></u> Caffeine Level: <i>Caffeine Free</i>	This elderberry tea possesses regenerative, analgesic, & anti-inflammatory properties, along with anti-aging healing effects. It is administered to horses to support their kidney, adrenal, digestive, & hoof.	A mystical blend of Red Rooibos, Elderberries & Currents bejeweled with cranberries create this alluring tea. Touches of Hibiscus & Rose Hips dance throughout adding their own personality to this herbal blend. Steep at 212° for 5-10 minutes.

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<u><b>Dungeons &amp; Dragon</b></u> Fruit Caffeine Level: <i>Caffeine Free</i>	A tea infusion combining the vibrant flavors & nutrients of dragon fruit, Rose Hips, Hibiscus, Orange, & Lemon Verbena offers a refreshing & antioxidant-rich brew that promotes both taste satisfaction.	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, & Strawberries. Steep at 212° for 5-10 minutes.
<u><b>Elixir of Life</b></u> Caffeine Level: <i>Caffeine Free</i>	There are a multitude of benefits, including enhanced digestion, reduced inflammation, improved respiratory, & a boost to the immune system, making it a holistic & rejuvenating choice for overall well-being.	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, & fennel to expedite the path to recovery. Steep at 212° for 5 minutes.
<u><b>Enchanted Autumn</b></u> Caffeine Level: <i>Caffeine Free</i>	Red rooibos tea is renowned for its abundance of antioxidants & potential benefits, including improved digestion, reduced inflammation, & enhanced overall well-being.	Enjoy this flavored tea, traditional rooibos along with the delightful infusion of organic vanilla. With its harmonious blend of organic & fair-trade red rooibos tea, organic elder flowers, & organic vanilla flavoring, this tea promises to awaken the senses in a way unlike any other. Steep at 212° for 3-5 minutes.
<u><b>Enchanted Spring</b></u> Caffeine Level: <i>Moderate</i>	May enhance fat metabolism, reduce body fat, increase metabolic rate, & promote weight loss when consumed regularly with a minimum of two cups a day. Vitamin C & essential acids may bolster the immune system.	Balancing strength & gentleness, this blend embodies the essence of spring's vitality & renewal. An elegant fusion of white tea & white pomegranate evokes the sweetness of the season, with safflower ribbons & delicate rose hips making this poetic tribute to spring. Steep at 180° for 2-3 minutes.

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<u>Enchanted Summer</u> Caffeine Level: <i>Caffeine Free</i>	This unique tea blend featuring apple pieces, rose hips, cranberries, spearmint leaves, natural orange flavor, rose petals, safflower, & marigold flowers offer a rich source of antioxidants, vitamins, & digestive benefits, creating a harmonious & healthful infusion.	Indulge in the captivating herbal blend, where a single sip transports you to a realm of enchantment. Delicate notes of mint & 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. Steep at 212° for 5-10 minutes.
<u>Enchanted Winter</u> Caffeine Level: <i>Moderate</i>	This organic & fair-trade yerba mate blend, combined with organic peppermint leaf, roasted cacao nibs, roasted carob, cacao powder, & organic vanilla, provides a stimulating & flavorful concoction that may offer improved energy, mental alertness, & digestive support.	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 & cacao, offering a gratifying tea that could easily double as a delectable dessert. Steep at 212° for 3 to 5 minutes.
<u>Eras</u> Caffeine Level: <i>Moderate</i>	Black tea is rich in antioxidants, particularly flavonoids, which support heart health by improving cholesterol levels and promoting overall cardiovascular wellness. Its moderate caffeine content can boost focus and energy, making it a great choice for mental alertness and productivity.	Eras Tea Blend is a delightful celebration in a cup, featuring the creamy sweetness of vanilla, the smoothness of caramel, and a touch of festive magic. Each rainbow sprinkle represents one of Taylor Swift's iconic albums, making it the perfect tea for any day or a special celebration! . Steep at 212° for 3 minutes.
<u>Ethereal Earl Grey</u> Caffeine Level: <i>High</i>	Earl Grey tea is prized for its unique blend of black tea & bergamot oil, delivering a refreshing & aromatic brew that may provide a boost in alertness & focus, as well as potential antioxidant benefits for overall well-being.	Dark & 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 & the subtle, fruity notes that gracefully waltz within this black tea. Steep at 212° for 3 minutes.

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<u>Ethereal Earl Grey</u> (Decaf) Caffeine Level: <i>Caffeine Free</i>	Earl Grey tea is prized for its unique blend of black tea & bergamot oil, delivering a refreshing & aromatic brew that may provide a boost in alertness & focus, as well as potential antioxidant benefits for overall well-being.	Dark, decaf & 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 & the subtle, fruity notes that gracefully waltz within this black tea. Steep at 212° for 3 minutes.
<u>Fairy Garden</u> Caffeine Level: <i>High</i>	Black tea supports heart health and boosting overall wellness. The tropical fruits, including mango and cornflower petals, provide a natural source of vitamins and hydration, promoting a refreshing and nourishing experience.	Fairy Garden Tea is a magical blend that transports you to an enchanting world, featuring tropical fruit flavors with vibrant mango pieces, black tea, and a touch of indigo cornflower petals. Enhanced with plant-based edible glitter for a truly whimsical experience, this tea offers a delightful, colorful infusion that's as captivating to the eyes as it is to taste buds. Steep at 212° for 3 minutes.
<u>Find Your Voice</u> Caffeine Level: <i>Caffeine Free</i>	An herbal powerhouse known for its potential soothing effects on the throat, providing relief from soreness & irritation. These ingredients are often used to support respiratory & ease discomfort during cold & flu season	Relieve your sore throat with the comforting mixture of sweet licorice, Hibiscus, Slippery Elm, soothing anise, & fresh raspberry leaves. This soothing blend is especially helpful during the cold & flu season & is favored by teachers, orators, & singers for its throat-soothing properties. Steep at 212° for 5 minutes.
<u>Full Moon</u> Caffeine Level: <i>High</i>	This tea combines the robust qualities of black tea with the natural sweetness & antioxidants of blueberries, offering a flavorful brew that not only delights the palate but may also contribute to improved cognitive function & heart health.	Indulge in the delightful, versatile treat that can be savored both hot & cold, where the premium black tea from Sri Lanka harmonizes seamlessly with the sweet, luscious essence of blueberry. Steep at 212° for 3 minutes.

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## Tea Catalog

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<u>Fruit Cobbler</u> Caffeine Level: <i>Caffeine Free</i>	Packed with antioxidants from its fruity ingredients, supporting overall wellness and boosting hydration. Naturally caffeine-free, it's a soothing choice that can be enjoyed any time of day, promoting relaxation and refreshment.	Fruit Cobbler Tea is a delightful medley of hibiscus, apple, peach, and mango, blended with warm cinnamon and a hint of lemongrass for a perfectly balanced flavor. This caffeine-free herbal blend, with its fruity sweetness and floral notes, is as comforting as a warm dessert and just as refreshing when served iced. Steep at 212° for 5-10 minutes.
<u>Gemini</u> Caffeine Level: <i>High</i>	A delightful blend that combines the antioxidant-rich qualities of white tea with the natural sweetness & vitamin C content of apricots, potentially contributing to improved skin & overall well-being.	A delicate fusion of white tea, rose hips, & peach flavor ignites the lively spirit of Geminis, known for their vibrant & clever conversations that bring a spark to any gathering. With apricot pieces, apples, & sunflower petals, this colorful concoction not only delights the eyes but also resonates with the eternal youthfulness that characterizes Geminis. Steep at 180° for 2-3 minutes.
<u>Goblet of Fire</u> Caffeine Level: <i>High</i>	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, & may aid in the regulation of blood sugar levels.	Experience the bold combination of sweet, spicy cinnamon with full-bodied Ceylon black tea & the warmth of clove & 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.
<u>Golden Milk Chai</u> Caffeine Level: <i>Caffeine Free</i>	Golden Milk Chai Tea is rich in anti-inflammatory properties, thanks to ginger, cinnamon, & black pepper, which may help support joint health & digestion. The warming spices also promote relaxation & may aid in boosting the immune system.	Our Golden Milk Chai Tea offers a comforting blend of warming ginger, gently sweet cinnamon, aromatic clove, & a delicate touch of fennel. The flavor is perfectly rounded off with a subtle, fiery kick from black peppercorn. To enjoy, simply steep one teaspoon per cup of your preferred water or milk for a soothing & flavorful golden milk latte! Steep at 212° for 5 minutes.

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<b><u>The Great Pumpkin Chai</u></b> Caffeine Level: <i>Caffeine Free</i>	A wealth of benefits with its natural ingredients. Honeybush is rich in antioxidants & known for its soothing anti-inflammatory properties, while cinnamon, cardamom, & ginger can aid digestion & support immunity. Naturally caffeine-free, it's a calming choice to enjoy any time, promoting relaxation & overall well-being.	Experience the cozy, spiced perfection of this blend. The warmth of masala chai spices with the smooth, mellow base of honeybush, a hint of pumpkin. Featuring cinnamon bark, cardamom, ginger root, cocoa nibs, & safflower, it brews into a clear, bright cup with a crisp, tangy-sweet flavor. A delightful treat for any time of day. Enjoy it with a touch of sugar, cream, or your favorite milk alternative for an extra indulgence! Steep at 212° for 7-10 minutes.
<b><u>Green Goddess</u></b> Caffeine Level: <i>Moderate</i>	A tea composition blended not only to tantalize the taste buds but also provides a wealth of antioxidants, digestive support, & a potential mood-lifting effect, contributing to overall health & well-being.	. This spirited fusion unites the mellow, balanced character of Green Tea, Lemon Grass, Lemon Verbena, & Marigold Flowers, with the zesty essence of lemon & orange, concluding with the 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.
<b><u>Hagrid's Hazelnuts</u></b> Caffeine Level: <i>Caffeine Free</i>	Hagrid's Hazelnuts Tea retains the antioxidant benefits of black tea, supporting heart health and overall wellness, even in its decaffeinated form. The soothing flavors of hazelnut and cinnamon add a comforting touch, promoting relaxation and warmth in every cup.	Hagrid's Hazelnuts Tea is a rich, decaffeinated blend of black tea infused with warm hazelnut, cinnamon, and silky crème flavors, offering a comforting and indulgent experience. Vegan-friendly and decaffeinated using the CO2 process to preserve flavor and antioxidants, it's perfect for cozy fireside moments or refreshing iced tea lattes. Steep at 212° for 3-5 minutes.

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<u>Home for the Holidays</u> Caffeine Level: <i>Caffeine Free</i>	Home for the Holidays Tea offers the calming and antioxidant-rich benefits of rooibos, promoting relaxation and overall wellness during the busy holiday season. The warming spices, like cinnamon and ginger, support healthy digestion and circulation, making it a soothing treat for both body and soul.	Home for the Holidays Tea is a delightful symphony of sweet cinnamon, ginger, orange, and a touch of marzipan, evoking the cozy magic of the holiday season. Naturally caffeine-free, it's the perfect companion for cherished moments by the fire, wrapped in the glow of twinkling lights and the warmth of festive dreams. Steep at 212° for 5 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 & inflammation, while also providing relief from nausea, supporting digestion, & 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, & the snap of ginger, each sip conjures the rustling of leaves underfoot & 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 & anti-inflammatory properties, promoting cardiovascular wellness & providing immune system support.	Gently enhanced with a touch of cinnamon & ginger to complement the subtle sweetness of pomegranate, delivering a comforting warmth on a crisp autumn day. Hibiscus & rose hips layer on vibrant flavors in this blend featuring apple pieces, hibiscus flowers, ginger root, cinnamon bark, natural pomegranate flavor, orange peels, raspberries, & rose petals. Steep at 212° for 7-10 minutes.
<u>Hedwig's Berry Bliss</u> Caffeine Level: <i>Caffeine Free</i>	A blend that offers a potent dose of antioxidants, vitamin C, & potential immune-boosting benefits, making it a nourishing choice for overall well-being.	Indulge in the delightful harmony of tangy rose hips & hibiscus, complemented by the allure of cranberries, forest berries, & 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.

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<u>Hermione</u> Caffeine Level: <i>Caffeine Free</i>	This blend aims to enhance mental acuity & focus, & invigorate the body's vitality, creating a comprehensive herbal infusion that promotes both mental & physical well-being.	Eleuthero root, ginkgo, & gotu kola sharpening mental acuity, while peppermint, Ho Shou Wu, damiana, calendula, lemongrass, & licorice invigorate the body's vitality. This tea presents a holistic tonic that rejuvenates both mind & body, promoting overall well-being. Steep at 212° for 5-10 minutes.
<u>Hocus Pocus</u> Caffeine Level: <i>Caffeine Free</i>	Packed with antioxidants, notably catechins, associated with reducing cell damage, lowering inflammation. May promote relaxation & improved cognitive function, offering potential mental wellness & stress-relief benefits with added anti-aging properties of rosemary.	Though no one can live forever, Hocus Pocus presents a powerhouse of herbs to assist longevity. Green Tea Sage, & Rosemary is a famous wellness panacea. With a lemony twist, Hocus Pocus' pale-yellow cup is warm, friendly, & could last a lifetime! Steep at 212° for 5-10 minutes.
<u>Island Time</u> Caffeine Level: <i>Caffeine Free</i>	A burst of antioxidants, vitamins, & 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, & tangy hibiscus. With fruity flavors accented by citrus notes & the comforting sweetness of coconut, this brew is your tropical escape. Steep at 212° for 5-10 minutes.
<u>Jolly Rancher</u> Caffeine Level: <i>Caffeine Free</i>	Jolly Rancher Tea is not only delicious but also offers several health benefits. The watermelon and cranberries provide hydration and a boost of antioxidants, while hibiscus is known to support heart health, help lower blood pressure, and promote overall wellness. Naturally caffeine-free, it's a refreshing and nourishing choice for any time of day.	Jolly Rancher Tea is a sweet and refreshing blend that captures the juicy essence of watermelon, paired with the tangy notes of cranberries and hibiscus. Perfect iced for summer days, it's a delightful treat on its own or with a pinch of mint or lime for a fun watermelon mocktail! Steep at 212° for 5-10 minutes. To make it as a sun tea, add 4-6 teaspoons of the blend to a quart of water in a clear glass jar, cover, and place it in direct sunlight for 2-4 hours before serving over ice!

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<u>Karma</u> Caffeine Level: <i>Moderate</i>	Karma Tea Blend combines the antioxidants of oolong tea and blackberries to support heart health and boost overall wellness. Sage adds a touch of mental clarity and focus, making this blend both nourishing and invigorating.	Our Karma Tea Blend, Blackberry Sage Oolong, is a captivating fusion of bold blackberries and earthy sage, evoking the serenity of a woodland escape. This grounding and complex tea offers a harmonious balance of sweet and herbal flavors, perfect for moments of reflection. Steep at 212° for 3-5 minutes.
<u>Leo</u> Caffeine Level: <i>Moderate</i>	A rich infusion that combines the potential benefits of chamomile & rooibos with the invigorating qualities of oolong, making it a well-rounded choice for relaxation & overall well-being.	Oolong tea entwined with rooibos & orange peels ignites Leo's self-assured & cheerful nature, as they often steal the spotlight with their creative charisma. Chamomile & vanilla lend a soothing touch to blend, while the red safflower adds an eye-catching flare. Steep at 212° for 3-5 minutes.
<u>Libra</u> Caffeine Level: <i>Moderate</i>	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, & potential immune-boosting benefits	A harmonious fusion of black tea with luscious strawberries, chocolate, & cream with a smattering of rose petals & cocoa nibs adds a stylish touch to their refined tea collection. Steep at 212° for 5 minutes.
<u>Limoncello Tea</u> Caffeine Level: <i>Moderate</i>	Antioxidant-rich properties of green tea, which support overall wellness and boost focus, with the vitamin C benefits of lemon to strengthen the immune system. Its soothing vanilla notes add a calming touch, making it a delightful way to promote both health and relaxation.	Our Limoncello Tea is a cheerful blend that combines the creamy sweetness of vanilla with the sunny, zesty notes of lemon. Paired with refreshing green tea, it's a perfect springtime indulgence that's both uplifting and delicious! Steep at 180° for 2-3 minutes.

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<u><b>Love Potion No. 9</b></u> Caffeine Level: <i>Caffeine Free</i>	A blend that offers a potent dose of antioxidants, vitamin C, & potential immune-boosting benefits, making it a nourishing choice for overall well-being.	Indulge in a delectable infusion of all-natural fruits & spices, yielding a mouthwatering herbal tea that's a delightful choice for children & those with a sweet tooth. Without added sugar, it is purely derived from hibiscus flowers, rose hips, cranberries, natural forest berries flavor, & blueberries, creating a truly irresistible blend. Steep at 212° for 5-10 minutes.
<u><b>Luck of the Irish Breakfast</b></u> Caffeine Level: <i>High</i>	Ceylon Sonata Tea & Assam Melody Tea, both rich in antioxidants & robust flavors, may offer potential benefits, including improved & enhanced alertness, making a delightful & nourishing choice for overall well-being.	Elevate your morning with a robust blend of black teas providing a bright & invigorating start to your day. Ceylon's citrusy notes & the deep, malty character of Assam, all complemented by a spicy aroma, full-bodied flavor, & a lively mouthfeel, culminating in a beautifully rounded sweetness in every sip. Steep at 212° for 3 minutes.
<u><b>Magical Cottage</b></u> Caffeine Level: <i>Caffeine Free</i>	Full of antioxidants, flavonoids & vitamin C boost to your body & immunity. Stimulates energy & memory. May help reduce the risk of kidney stones.	Pieces of orange peel & cranberries, seamlessly woven together to conjure a charming & enchanting medley of flavors. Embark on a delightful journey that invigorates your mind, nourishes your body, & sparks your sense of whimsy with every sip. Steep at 212° for 5-10 minutes.
<u><b>Merry Meet</b></u> Caffeine Level: <i>Caffeine Free</i>	Harnessing its natural muscle relaxant properties, this blend may offer benefits from soothing tension & relieving headache to adding sinus discomfort, digestion, & relief from menstrual cramps with a sense of relaxation & supports mood enhancement, promoting overall well-being.	A gracious tea, this welcoming blend of Peppermint leaves gather with Hibiscus petals & invite a little sweetness of Stevia leaf. This tea offers precious moments to commune with nature, relax & revive your whole being from head to toe. Steep at 212° for 5-10 minutes.

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<u><b>Midnight Magic</b></u> Caffeine Level: <i>High</i>	Packed with antioxidants, black tea helps protect cells from damage, supports heart health by potentially lowering bad cholesterol levels, & enhances mental alertness & focus with its moderate caffeine content. Enjoy a comforting & invigorating cup as a step towards a healthier you!	This straightforward black tea is robust & full-bodied, offering rich antioxidants & anti-inflammatory properties, while its inherent sweetness & subtle maltiness adds to the indulgence. Customize it with your preferred flowers or herbs to craft a unique blend that reflects your individuality. Please note that this tea is not recommended for individuals with high blood pressure. Steep at 212° for 3 minutes.
<u><b>Midnight Margaritas</b></u> Caffeine Level: <i>Caffeine Free</i>	This vibrant infusion offers a treasure trove of benefits, boasting high levels of vitamin C & antioxidants that can support immune, improve digestion, & enhance skin vitality.	Instead of putting the lime in the coconut we've added key lime flavor to a delicious blend of tart hibiscus, orange peels, apple, & rosehips. Delicious either hot or iced for a playful herbal blend ideal for sunset celebrations. Steep at 212° for 5-10 minutes.
<u><b>Midnight Rain</b></u> Caffeine Level: <i>High</i>	Midnight Rain Tea offers the benefits of black tea, including antioxidants that boost focus & energy. Enhanced with rose hips & cherries, it provides a natural dose of vitamin C & supports overall immunity & wellness.	Our Midnight Rain Tea is a luxurious Ceylon blend infused with the sweet, juicy essence of summer cherries, complemented by a hint of rose. With its candied cherry aroma, rich flavor, & slightly dry finish, it's a perfect indulgence—whether you're reading Chekhov or simply savoring life's little pleasures.
<u><b>Midsummer</b></u> Caffeine Level: <i>Moderate</i>	This harmonious blend combines the antioxidant-rich qualities of green tea with the natural sweetness & digestive benefits of pineapple & papaya. Sip your way to improved metabolism, immune support, & a deliciously tropical escape. Cheers to you!	Delight in the refreshing base of green sencha tea, which perfectly complements the sweetness of pineapple & 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 & prevent any bitterness from creeping in, ensuring every sip is a delightful experience. Steep at 170° for 2 minutes.

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<u>Mischief Managed Masala Chai</u> Caffeine Level: <i>High</i>	A medley of spices such as cardamom, cinnamon, & ginger provide a rich source of antioxidants that may support overall & can provide a gentle caffeine boost, aiding alertness & energy.	We're delighted to present our magical Masala Chai, crafted from premium Ceylon black tea & a unique fusion of spices, including cinnamon, cardamom, cloves, & ginger. A timeless 'chai' experience awaits. Steep at 212° for 7-10 minutes.
<u>Muggles Melon Berry</u> Caffeine Level: <i>Moderate</i>	This vibrant blend offers a wealth of antioxidants & potential benefits, including improved metabolism, heart, & immune support.	Experience the tantalizing fusion of watermelon & 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, & overall refreshment that will leave you wanting more. Steep at 180° for 2-3 minutes.
<u>Oolong</u> Caffeine Level: <i>Moderate</i>	This remarkable brew offers a spectrum of antioxidants & potential weight management support, while also aiding mental alertness. Sip your way to a more energized you with the delightful qualities of oolong tea.	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 & complexity in every sip. Steep at 212° for 3-5 minutes.
<u>Phoenix Rising</u> Caffeine Level: <i>Moderate</i>	Experience an energy boost & may support weight loss, offering anti-inflammatory properties & antioxidants may safeguard your cells from oxidative stress. Enhance digestion & improve gut health, reduce levels of bad cholesterol. Enjoy relief from stomach pain & nausea, all while promoting heart & brain.	Crafted with specific intentions to ignite your mind, nourish your body, & rejuvenate your spirit. Traditionally enjoyed with milk & a touch of sweetness, this fusion, featuring the vibrant combination of ginger, cinnamon, green cardamom pods, coriander, cloves, allspice, black pepper spices, & black tea leaves, serves as an inspiring catalyst for transformation. A holistic approach to well-being in every cup. Steep at 212° for 5-10 minutes.

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<u><b>Pineapple Passion</b></u> Caffeine Level: <i>Caffeine Free</i>	This infusion offers a wealth of antioxidants, vitamins, & potential digestive support, while also promoting immunity & overall vitality. Sip your way to a vibrant & -conscious qualities of this delightful concoction.	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, & Marigold Flowers. Enjoy it hot or over ice for a refreshing taste. Steep at 212° for 5-10 minutes.
<u><b>Pisces</b></u> Caffeine Level: <i>Moderate</i>	You're in for a wellness packed experience. This infusion is rich in antioxidants, vitamins, & potential immune-boosting properties, while also promoting relaxation & vitality.	Indulge Pisces' affinity for imaginative daydreams by joining them in their creative & intuitive moments, over a steaming cup of tea. This unique blend of Rooibos, white tea, & black tea, enhanced with vibrant orange & grapefruit flavors, provides a soothing retreat. With the calming influences of chamomile, lemongrass, & cornflowers, this blend helps Pisces navigate their gentle nature & shyness, encouraging moments of tranquility & self-expression. Steep at 212° for 3-5 minutes.
<u><b>Practical Magic</b></u> Caffeine Level: <i>Moderate</i>	Packed with antioxidants & potential benefits, this infusion may boost metabolism, aid digestion, & support your immune system. Enjoy the enchanting qualities of this vibrant blend.	Indulge in the delightful harmony of tart & sweet with our Lychee Rose Green tea. Crafted with apple pieces & enriched by notes of rose, grape, & melon, it offers a refreshing taste that's ideal for your afternoon tea ritual. Experience a tea that sparkles on your palate & brightens your day. Steep at 180° for 2-3 minutes.
<u><b>Purple Butterfly</b></u> Caffeine Level: <i>Caffeine Free</i>	Papaya is rich in digestive enzymes & antioxidants, supporting gut health & boosting the immune system, while its high vitamin C content promotes radiant skin & overall vitality. This tea hydrates, nourishes, & delivers a natural wellness boost in every sip!	Our Purple Butterfly Tea is a mesmerizing amethyst infusion bursting with fruity goodness. Enjoy it hot for a soothing cup of purple serenity, or serve it iced for a refreshing escape—like a playful papaya & blackberry rainstorm on a sunny day. Purple magic edible plant-based glitter in every sip! 1 heaping tsp for 7 min at 212F

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<b><u>Relax &amp; Digest</u></b> Caffeine Level: <i>Caffeine Free</i>	Soothing chamomile and rose petals promote relaxation and stress relief, while peppermint and fennel aid in calming the digestive system. Ginger adds gentle warmth to stimulate digestion and reduce bloating, making this blend perfect for unwinding after meals.	A calming herbal blend crafted to soothe the mind and support healthy digestion. Featuring chamomile, peppermint, ginger, fennel, and rose petals, this aromatic brew offers a delicate balance of floral, sweet, and spicy notes to help you unwind after any meal.
<b><u>Relax &amp; Restore</u></b> Caffeine Level: <i>Caffeine Free</i>	Crafted to support your body's natural detoxification & balance. This blend aids in liver health & wellness. A whole body detox, cleansing & calming effect, with anti-inflammatory properties, making it the perfect tea for restoring your body and mind.	A refreshing burst of minty coolness from peppermint and lemon balm, balanced by the earthy richness of burdock and dandelion root. Warm notes of cinnamon add a spicy zest, creating a soothing and revitalizing caffeine-free blend that's as delicious as it is restorative.
<b><u>Relax &amp; Unwind</u></b> Caffeine Level: <i>Caffeine Free</i>	Embrace benefits that may reduce stress, improved digestion, better sleep, enhanced mood, & the antioxidant-rich qualities of this soothing blend. Elevate your daily ritual with a cup that nourishes both your body & your spirit, offering tranquility & vitality.	Experience a sensory delight with an alluring aroma, a smooth citrusy taste, & gentle hints of lavender, featuring Apple Pieces, Lemon Grass, Rose Hips, Lavender, Orange, Natural Lemon Flavor, & Blue Cornflowers. This calming infusion invites you to unwind & find tranquility after a busy day. Steep at 212° for 5-10 minutes.
<b><u>Rise &amp; Shine</u></b> Caffeine Level: <i>High</i>	This harmonious combination offers a range of potential benefits, including enhanced energy, mental alertness, & metabolism support.	Energize your mornings with our invigorating blend of Toasted Mate Tea, Black Tea, Cocoa Nibs, Kola Nuts Inclusion, Cinnamon, & Safflower. It's the perfect way to start your day feeling bright & full of energy! Steep at 212° for 5-10 minutes.

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## Tea Catalog

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<b><u>Ritual Cleanse</u></b> Caffeine Level: <i>Moderate</i>	Elevates energy levels & metabolism while promoting a well-functioning digestive system & keeps it moving smoothly. (Go easy though, or it may end up moving a little too smoothly.)	Discover the perfect blend of taste & 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, & Natural Cinnamon Flavor. Steep at 212° for 3-5 minutes.
<b><u>Royal English Breakfast</u></b> Caffeine Level: <i>High</i>	English Breakfast tea is a source of antioxidants & can contribute to improved heart, enhanced mental alertness, & overall well-being.	Our "Classic Keemun English Breakfast" tea blend offers the time-honored, slightly smoky flavor & 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.
<b><u>Sagittarius</u></b> Caffeine Level: <i>Moderate</i>	Black tea offers a comforting dose of caffeine & a rich source of antioxidants, supporting alertness & overall wellness. The addition of raspberries infuses this blend with even more antioxidants & a delightful fruity flavor, making it a tasty choice.	For the ever-adventurous Sagittarius, we present a blend of black tea infused with earl grey, vanilla, & creme flavors. Fuel your next expedition with the energy you need. To satisfy your curiosity & ward off boredom, we've added playful raspberry pieces & vibrant red safflowers, perfect for your journey of exploration. Steep at 212° for 3-5 minutes.
<b><u>Scorpio</u></b> Caffeine Level: <i>Moderate</i>	Promoting alertness & well-being. Infused with the luscious flavors of mango, dark chocolate, & vanilla, a delightful & indulgent experience while providing a rich source of nutrients & antioxidants.	A powerful fusion of black tea, rooibos, & vanilla, designed to fuel Scorpio's inquisitive nature & relentless pursuits. With chocolate chips & mango pieces, this blend offers a hidden indulgence for Scorpions to relish in solitude. Steep at 212° for 3-5 minutes.

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<u>Shire Shenanigans</u> Caffeine Level: <i>Caffeine Free</i>	Rich in antioxidants from raspberries, rose hips, and hibiscus, supporting immune health, promoting heart wellness, and providing natural hydration. With vitamin C from rose hips and the potential blood pressure-lowering effects of hibiscus, it's both refreshing and nourishing.	The charm of raspberries, blending their sweet, tart, & fruity-floral notes with apple pieces, rose hips, & hibiscus for a vibrant, balanced cup. Naturally caffeine-free, it's perfect for any time of day, served hot, cold, or as a refreshing sun tea. To craft a whimsical cocktail, brew the tea, let it cool, and mix with a splash of vodka and a twist of lime—ideal for a shire-worthy celebration! Steep at 212° for 5-10 minutes.
<u>Sleeping Beauty</u> Caffeine Level: <i>Caffeine Free</i>	Tailored for relaxation & stress relief, promoting better sleep & overall tranquility. The combination of these calming herbs & cherries offers potential benefits for anxiety reduction & improved sleep quality.	A beautiful blend right out of a fairytale. Valerian Root, Honeybush Tea, Chamomile Flowers, Spearmint Leaves, Passion Flowers, Lemon Balm, Lavender, Cherries & Blue Cornflowers will help you drift right off to dream. Steep at 212° for 5-10 minutes.
<u>Sleepy Hollow</u> Caffeine Level: <i>Moderate</i>	Abundant in essential nutrients like iron & 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 & boosts energy.	Indulge in the dark & captivating essence of this Black Tea, subtly sweetened by the presence of black currants & black currant leaves. Just as thrilling as the tale itself, Sleepy Hollow Tea promises to inspire & delight. Steep at 212° for 3 minutes.
<u>Snape, Always</u> Caffeine Level: <i>Moderate</i>	Grounding qualities & antioxidant-rich properties with our warming spices—aid digestion & circulation, while red peppercorn & orange invigorate the senses. This soothing, smoky blend is perfect for relaxation, enhancing mood, and creating a sense of cozy comfort.	Capture the essence of a crisp autumn evening with its smoky, spicy, and subtly sweet profile. This cozy blend of honeybush, lapsang souchong, apple, cocoa nibs, and warming spices like cinnamon, clove, and aniseed is accented with red peppercorn and orange for a flicker of heat and zest, perfect for fireside moments.

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<u>Spellbound</u> Caffeine Level: <i>Caffeine Free</i>	Packed with Vitamin C, this tea can invigorate the immune system & may contribute to reduced blood pressure. It also exhibits anti-inflammatory, metabolism-regulating, & antidepressant properties, promoting overall well-being.	A delightful tisane with tart cranberries, slivers of orange peel, & 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 & richness of a fruit pie, creating a truly delectable experience. Steep at 212° for 5-10 minutes.
<u>Spiced Blood Moon</u> Caffeine Level: <i>Caffeine Free</i>	Rich in antioxidants from hibiscus and orange peels, supporting immune health & overall wellness. The warming spices not only enhance digestion but also provide a comforting, soothing effect, making it a perfect choice for body & soul rejuvenation.	Spiced Blood Moon Tea is a garnet-red delight that's as vibrant as it is flavorful, blending tangy orange peels, tart hibiscus, and a medley of warming spices. Caffeine-free and irresistibly enchanting, it's the perfect tea to tantalize your taste buds and warm your soul. Steep at 212° for 5-10 minutes.
<u>Strawberry Limoncello</u> Caffeine Level: <i>Caffeine Free</i>	Bursting with benefits. Rich in antioxidants & vitamin C, supporting immunity & promoting glowing skin, while lemon peels contain compounds that may aid digestion & provide detoxifying effects. Naturally caffeine-free, this tea is a hydrating & refreshing way to boost your overall wellness.	Savor the zesty sweetness of our Strawberry Limoncello Tea! This delightful blend combines juicy strawberry pieces & tangy lemon peels for a refreshing, light-bodied treat. Perfect hot or cold, this caffeine-free herbal tea offers the uplifting brightness of berries & citrus, making it a fantastic choice for staying hydrated & refreshed all summer long. Steep at 212° for 5-10 minutes.
<u>Strawberry Moon</u> Caffeine Level: <i>Caffeine Free</i>	Rich in antioxidants, this tea has the potential to assist in managing high blood pressure & reducing elevated cholesterol levels by lowering "bad" cholesterol. It may also alleviate symptoms of depression & promote healthy digestion.	Capture the vibrant energy of the Strawberry moon in this exquisite blend. Strawberry & Blueberry leaves playfully infuse the cup, while Juniper Berries, Myrtle leaves, & 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.

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<u>Summer Solstice</u> Caffeine Level: <i>Moderate</i>	With its anti-inflammatory & antioxidant properties, as well as a rich array of vitamins, minerals, & essential fatty acids, this tea offers a nourishing & wellful experience.	This Black Tea, bursting with natural fruit flavoring, is complemented by the vibrant red safflower leaves, which contribute to the alluring & seductive character of this exceptionally enticing tea. Steep at 212° for 3 minutes.
<u>Summer Spice</u> Caffeine Level: <i>Caffeine Free</i>	Turmeric is known for its anti-inflammatory & antioxidant properties. Ginger & peppercorn enhance digestion & provide an invigorating kick.	Radiant & 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 & 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.
<u>Sweater Weather</u> Caffeine Level: <i>Moderate</i>	It is rich in antioxidants, which can combat oxidative stress & may also support weight management by boosting metabolism & aiding in fat oxidation. It may also promote digestive health & support oral hygiene due to its fluoride content.	The subtle smokiness of gunpowder tea, intertwined with the vibrant tang of apples & rose hips, evokes the image of a serene morning walk amid the distant aroma of autumn leaf fires. Infused with gentle hints of cinnamon & creme, this tea envelops you in warmth & comfort, much like slipping into your cherished, cozy sweater. Steep at 180° for 3 minutes.
<u>Taurus</u> Caffeine Level: <i>Moderate</i>	This remarkable brew offers a spectrum of antioxidants & potential weight management support, while also promoting heart & aiding mental alertness.	Infused with the delightful peaches, oolong & white teas offer Taurus a sensory & 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 & marigold petals, catering to their refined aesthetic preferences. Steep at 212° for 3-5 minutes.

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<u>'Tis The Season</u> Caffeine Level: <i>High</i>	Anti-inflammatory & antioxidant properties; may also contribute to reducing inflammation, supporting the immune system, & black tea is said, potentially, to aid in the prevention of chronic diseases.	A fragrant blend of high-quality black tea, featuring the spicy notes of cinnamon, the pungency of cloves, & the zest of orange peels, making it a delightful choice for year-round enjoyment. Perfect for indulging your taste buds & creating a cozy atmosphere. Steep at 212° for 3 minutes.
<u>Troll House Cookie</u> Caffeine Level: <i>High</i>	Anti-inflammatory & antioxidant properties; may also contribute to reducing inflammation, supporting the immune system, & black tea is said, potentially, to aid in the prevention of chronic diseases.	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), & organic cocoa butter, ensuring a truly tantalizing experience. Steep at 212° for 3 minutes.
<u>True Love</u> Caffeine Level: <i>High</i>	Rich in antioxidants like theaflavins & thearubigins, benefits may improve heart, enhance alertness & mental clarity, making it a popular choice for a morning boost or an afternoon pick-me-up.	Indulge in the flavors of chocolate-covered strawberries with this exquisite blend of black tea from Sri Lanka, harmoniously paired with the richness of dark chocolate & the sweet essence of fresh strawberries. Delight in the decadence of chocolate chips, along with organic cane sugar, organic chocolate liquor (cocoa mass), & organic cocoa butter, creating a guilt-free treat that satisfies your cravings. Steep at 212° for 3 minutes.
<u>Tortured Poets Department</u> Caffeine Level: <i>Caffeine Free</i>	This Spring Berry Creme tea is packed with antioxidants from hibiscus, berries, & rose hips, supporting overall wellness & boosting immunity. Its naturally caffeine-free blend may also promote relaxation & hydration, making it a perfect choice for any time of day.	This delightful blend combines the vibrant flavors of blackberry, blueberry, & strawberry, reminiscent of a luscious berry compote topped with a swirl of creamy goodness. With hibiscus, apple pieces, rose hips, blue cornflowers, raspberry leaves, & a touch of natural creme flavor, every sip is a playful celebration of fruity decadence. Party on in your cup! Steep at 212° for 5-10 minutes.

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<u>Unicorn Tea</u> Caffeine Level: <i>Caffeine Free</i>	Not only a magical visual treat but also a wellness powerhouse, rich in antioxidants that support overall health and beauty. With butterfly pea flower and lemongrass, it may aid kidney and urinary health, help manage blood pressure and cholesterol and soothe digestive discomfort like acid reflux and IBS.	Our Unicorn Tea Blend is a caffeine-free tropical delight, featuring blue butterfly pea flower, mango, lychee, and lemongrass, with a touch of plant-based edible glitter for a magical sparkle. Add a splash of lemon juice to watch it transform into a stunning violet hue—perfect for summer fun and a tea experience like no other! Steep at 212° for 5-10 minutes.
<u>Victorian Lace Tea</u> Caffeine Level: <i>Caffeine Free</i>	Soothing and antioxidant-rich properties of green rooibos, supporting overall wellness and promoting relaxation. The addition of raspberry adds a natural dose of vitamin C, while the creamy white chocolate provides a comforting touch without common allergens.	Victorian Lace Tea is a luscious caffeine-free blend of smooth green rooibos, tangy raspberry, and indulgent white chocolate, perfect for savoring during peaceful moments. Crafted with allergen-friendly white chocolate chips that are soy and dairy-free, it's a treat for everyone to enjoy! Steep at 212° for 7 mins.
<u>Virgo</u> Caffeine Level: <i>High</i>	Brimming with antioxidants, promoting cellular & providing potential protection against oxidative stress. May support relaxation, digestion, & the immune system, contributing to overall well-being.	White tea mixed with lemongrass; honeybush & 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 & marigold petals sharpen Virgo's metal acuity & calm their nerves. Steep at 180° for 3-5 minutes.
<u>Voldemort</u> The tea that shall not be named. Caffeine Level: <i>Caffeine Free</i>	Potential benefits for digestion & gut. This herbal combination is rich in antioxidants & may support liver function, providing a delicious & -conscious choice for those seeking a coffee alternative.	A robust & invigorating coffee alternative that. Organic roasted dandelion root, chicory root, carob, & 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.

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Enchanted Tea Blend	Wellness Attributes	Flavor Profile & Composition
<u>Wassailing We Will Go</u> Caffeine Level: <i>High</i>	Chai tea offers a blend of antioxidant-rich spices & black tea that may help reduce oxidative stress & inflammation. Additionally, the warming & soothing properties can provide comfort & relaxation, making it a popular choice for stress relief & mental clarity.	A delightful twist on the classic Chai. For a cozy seasonal cider tea blend, brew twice as strong & 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, & Natural Cinnamon Flavor. Steep at 212° for 5 minutes.
<u>We're All Nuts Here</u> Caffeine Level: <i>High</i>	Supporting mental focus, with the natural goodness of hazelnuts, known for their vitamin E content and potential to promote healthy skin. Its comforting flavor profile makes it an enjoyable and healthful addition to your daily routine.	We're All Nuts Here Tea blends the bold, bright flavor of Ceylon black tea with the rich, toasty sweetness of hazelnuts for a decadent experience. Perfect on its own or paired with dessert, its nutty profile shines even brighter with a hint of chocolate or a sprinkle of sugar crystals. Steep at 212° for 3 minutes.
<u>Winter is Coming</u> Caffeine Level: <i>High</i>	May boost heart, lower high cholesterol, improve oral, boost bone, & increase alertness.	A black tea delicately infused with the warm embrace of cinnamon & enhanced with the delightful sweetness of apples & oranges. This tea is the perfect companion for cozy evenings by the fireside, offering comfort & relaxation. Steep at 212° for 3 - 5 minutes.
<u>Winter Solstice</u> Caffeine Level: <i>Caffeine Free</i>	May help protect cells from oxidative stress & promote overall. It's also known for its potential anti-inflammatory properties, aiding digestion, & contributing to heart by helping to regulate blood pressure & cholesterol levels.	Our delightful holiday herbal blend of rooibos tea with a harmonious medley of apple pieces, cocoa nibs, marigold flowers, & blue cornflowers. Enhanced with the natural flavors of caramel, hazelnut, & chestnut, it offers a smooth, rich taste that brings forth a natural sweetness & depth. Enjoy this ideal blend while sipping by the fire on a snowy winter's evening. Steep at 212° for 5 minutes.

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<u>Winter Wonderland</u> Caffeine Level: <i>Caffeine Free</i>	Antioxidant-rich properties of rooibos with the warming spices of masala chai, supporting immune health and digestion. The soothing vanilla adds a calming touch, making this blend perfect for relaxation while promoting overall wellness and balance.	A festive blend of masala chai spices and smooth red rooibos, kissed with a hint of creamy vanilla. This naturally caffeine-free tea delivers a warm, spicy dance of flavors that's perfect for cozy evenings or creative brewing adventures.
<u>Witches Cold &amp; Flu Brew</u> Caffeine Level: <i>Caffeine Free</i>	A few cups daily may aid, & sooth complaints caused by the common cold, boost immunity with Vitamin C & Ginger, aids in flushing your system.	This herbal tisane offers a natural defense during the cold & flu season. Combining Elder Flower, Rosehips, Yarrow, Peppermint, Ginger, & Anise seeds, this apothecary of healing herbs & flowers collaborates to support your well-being, helping you navigate the challenges of the season. Steep at 212° for 5-10 minutes.
<u>Wizards Grogg</u> Caffeine Level: <i>Caffeine Free</i>	Immune-boosting properties of hibiscus & elderberry with the reputed immune-supportive qualities of echinacea. Lemon grass adds a pleasant citrusy note while contributing antioxidants that may promote overall well-being.	You might imagine taking on an adventure to Middle Earth. This tisane is a rich & intricate blend of Hibiscus, Rose Hips, Elderberry, Echinacea, Lemon Grass, & Blue Cornflowers with hints of Apple Pieces & Raspberries. The is the one tea to rule them all. Steep at 212° for 5 minutes.
<u>Wizarding Weasley</u> Caffeine Level: <i>High</i>	Aids to detoxify & diminish inflammation, remove dampness & invigorate circulation of blood, but also have the effects of warming stomach, stopping vomiting, eliminating body waste etc.	In this enchanting alchemy, robust Black tea leaves harmonize with the spicy warmth of ginger & the gentle fruitiness of summer peaches. This captivating blend encapsulates the mystical power, vitality, & wisdom of a wizard. Steep at 212° for 3 to 5 minutes.

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<u>Yuletide Todd-Tea</u> Caffeine Level: <i>Caffeine Free</i>	Tea that is rich in antioxidants & may help support immunity, digestion, & provide anti-inflammatory properties. With its flavorful & nourishing ingredients, this infusion offers a delicious way to enhance overall well-being.	Indulge in the delightful symphony of classic Yule holiday flavors of Hibiscus, the tartness of cranberry, zesty orange, cherries, ginger, rosehips & a hint of sparkling cinnamon spice. This festive infusion offers a harmonious balance of tangy & sweet, evoking the spirit of the season. Steep at 212° for 5-10 minutes.

### General Tea Brewing Instructions (some blends may differ on temp & time)

#### Tisanes (Herbal Teas)

Boil water to 212°F (100°C). Steep 1-2 teaspoons of herbal tea per 8 oz of water. Steep for 5-7 minutes, depending on desired strength. Enjoy hot or iced.

#### Black Tea

Boil water to 212°F (100°C). Use 1 teaspoon of loose-leaf tea per 8 oz of water. Steep for 3-5 minutes, depending on desired strength. Enjoy hot or iced.

#### Herbal Tea (Caffeine-Free)

Boil water to 212°F (100°C). Use 1-2 teaspoons per 8 oz of water. Steep for 5-7 minutes. Enjoy hot or iced.

#### Green Tea

Heat water to 175°F (80°C). Use 1 teaspoon of tea per 8 oz of water. Steep for 2-3 minutes to avoid bitterness. Enjoy hot or iced.

#### Sun Tea:

Add 4-6 teaspoons of loose leaf tea to a quart of water. Place the jar in direct sunlight for 2-4 hours. Strain and chill before serving. Enjoy

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iced with your favorite additions.

### **Alcohol-Infused Tea**

Brew the tea according to its specific type (e.g., black tea at 212°F, green tea at 175°F). Let the tea cool completely before adding alcohol. For tea cocktails, combine 1 cup of brewed tea with 1-2 oz of your preferred alcohol (vodka, rum, etc.). Add sweetener, citrus, or mint for extra flavor. Serve over ice.

### **Alcohol-Infused Fruit Tisanes**

Brew the fruit tisane according to its instructions (typically at 212°F for 5-7 minutes for herbal fruit blends). Allow the tisane to cool completely before infusing with alcohol. For a refreshing cocktail, mix 1 cup of brewed and cooled fruit tisane with 1-2 oz of your preferred alcohol (such as rum, vodka, or gin). Add a sweetener of your choice (like honey or simple syrup) and garnish with fresh fruit or herbs. Serve over ice for a delightful, fruity, and boozy twist!

### **Chai Tea Brewing Instructions**

**Traditional Chai Tea:** Boil water to 212°F (100°C). Use 1-2 teaspoons of chai tea per 8 oz of water (or 1 chai bag). Steep for 5-7 minutes, depending on how strong you like your chai. For a traditional chai latte, heat milk (or milk alternative) and add it to the brewed tea, typically in a 1:1 ratio. Sweeten to taste with sugar, honey, or your favorite sweetener. Enjoy hot or iced!

**Spiced Chai Tea with Milk (Masala Chai):** Bring water to a boil, then add chai spices (cinnamon, cardamom, cloves, ginger, black pepper) and tea leaves (or bag) to the water. Simmer for 5 minutes to extract the flavors. Add milk (or milk alternative) and bring to a boil again. Sweeten to taste, strain, and serve hot.

**Chai Tea with Alcohol (Chai Cocktail):** Brew your chai tea as described above. Let it cool completely before mixing with alcohol (rum, whiskey, or spiced rum work well). Combine 1 cup of chai tea with 1-2 oz of alcohol, add a touch of honey or cinnamon, and stir. Serve over ice or warm for a cozy, spiced cocktail.

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## Tea Catalog

# PRECAUTIONS & OTHER IMPORTANT NOTES ON TEAS, HERBS, FLOWERS & SPICES

**BLACK & CAFFEINATED TEAS:** Not recommended for those with high blood pressure. In addition to other conditions.

**ALLERGEN ALERT:** All Teas that contain Hibiscus – Hibiscus may be intercropped with **peanuts**. Occasionally, fragments of peanut shells may be present. Other herbs, spices and flowers may also be present that can have allergen alters. Consult your doctor before using any teas, herbs, spices, etc.

**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.

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

When considering the use of teas & herbal products, it is crucial to consult with a care professional, particularly if you are taking any prescription medications, over-the-counter drugs, or have underlying medical conditions. Many herbs & 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 & herbs.**

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

When it comes to your health & well-being, we strongly advise you to consult with qualified care professionals for medical guidance, diagnosis, & 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 & under the supervision of a care provider, as herbs may interact with medications or affect individuals differently. Always prioritize your health & safety by seeking the expertise of care professionals to make informed choices regarding your well-being.

**For educational purposes only:** Always consult with your doctor before making changes or adding any teas, herbs, spices or herbal remedies to your diet or regime. Precaution: Not for use in pregnancy except under the supervision of a qualified healthcare practitioner. Persons with hypertension, liver disorders, edema, severe kidney insufficiency, low blood potassium, or heart disease should exercise caution using certain ingredients that may be in teas, herbs & spices. This information has not been evaluated by the Food & Drug Administration. This information is not intended to diagnose, treat, cure, or prevent any disease. The Enchanted C&le Apothecary staff are not Doctors, any information provided should be discussed with a physician prior to consumption.