

Sacred Vessel Blend

Temple Health Concepts | Earth Medicine Collection

A tea for breath, circulation, and gentle cleansing.

What's Inside the Vessel

Raw Cranberries

Traditionally valued for their antioxidant properties, cranberries support cellular health, immune balance, and natural cleansing pathways.

Rosemary

A warming, aromatic herb known to support circulation, digestion, and mental clarity while offering antioxidant support.

Ricola Herbal Drops

A thoughtfully composed blend of herbs such as thyme, sage, peppermint, elderflower, and marshmallow root, traditionally used to soothe the throat and support respiratory comfort.

Purpose of this Blend

Sacred Vessel Blend was crafted to gently support:

- Breath and respiratory comfort
- Circulation and internal flow
- Mental clarity and alertness
- Seasonal and environmental transitions

This blend honors the body as a vessel- designed to be supported, not forced.

Preparation (Gentle Method)

1. Bring water to a rolling boil, and add fresh rosemary springs to water.
2. Add raw cranberries and Ricola drops to cup.
3. Once water is at a full boil, remove from heat.
4. Pour water into cup over the cranberries and herbal drops and allow to cool.
5. Sip warm and intentionally.

Best enjoyed slowly, with presence.

When to Reach for This Tea

- During cold or dry seasons
- After vocal strain or long speaking
- When feeling mentally foggy or energetically stagnant
- As part of a grounding daily ritual

Gentle Reminder

This product is intended to support general wellness and education. It is not intended to diagnose, treat, cure, or prevent any disease. Consult a healthcare professional if pregnant, nursing, managing a medical condition, or taking prescribed medication.

Eat to Live. Health Is True Wealth.

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