

# 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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