

DIY WELLNESS RECIPE

Wellness Tea Ritual

SIP • SLOW DOWN • NOURISH

A warm cup of tea is more than a drink—it's a moment of peace. This simple ritual helps you pause, reset, and nourish your body, mind, and soul from the inside out.

Tea is
a hug in
a cup."

INGREDIENTS

- ♥ 1 cup filtered water
- ♥ 1 teaspoon loose leaf tea or 1 tea bag (see ideas below)
- ♥ Fresh herbs, flowers or spices (optional)
- ♥ 1 slice lemon (optional)
- ♥ 1 teaspoon raw honey or maple syrup (optional)
- ♥ A pinch of love and gratitude



TEA IDEAS & THEIR BENEFITS

- ♥ Chamomile – calms & promotes sleep
- ♥ Peppermint – aids digestion & refreshes
- ♥ Ginger – supports immunity & warms
- ♥ Lemon Balm – reduces stress & uplifts
- ♥ Hibiscus – rich in antioxidants & supports heart health
- ♥ Green Tea – boosts energy & supports metabolism
- ♥ Rooibos – caffeine-free & rich in minerals
- ♥ Lavender – soothes & relaxes

GRANDMA WENDY'S TIP

Start your day with a warm cup of tea instead of reaching for coffee. It's a gentle way to wake up your body and mind without the jitters. Consistency is the key to feeling your best—inside and out!



HOW TO MAKE IT

- 1 Bring water to a gentle boil (about 190–200°F).
- 2 Place your tea (and any herbs or spices) in a teapot or your favorite mug.
- 3 Pour hot water over the tea.
- 4 Steep for 5–10 minutes (depending on the type of tea).
- 5 Strain if using loose leaf tea.
- 6 Add lemon, honey, or sweetener if desired. Stir gently.

Take a deep breath...
Your tea is ready.



MAKE IT YOURS!

- ➔ Add a slice of orange for extra vitamin C
- ➔ Add cinnamon for warmth & balance
- ➔ Add turmeric for anti-inflammatory benefits
- ➔ Add fresh mint for a cooling, refreshing twist
- ➔ Enjoy iced for a refreshing afternoon treat

BENEFITS OF A DAILY TEA RITUAL

- ♥ Reduces stress and promotes relaxation
- ♥ Supports digestion and gut health
- ♥ Boosts immune system
- ♥ Improves focus and mental clarity
- ♥ Hydrates the body
- ♥ Supports better sleep
- ♥ Brings moments of joy and mindfulness

HOW TO ENJOY YOUR TEA RITUAL

- 1 **CREATE A SACRED MOMENT**
Find a quiet space. Sit down, put your phone away, and be present.
- 2 **SAVOR THE AROMA**
Take a deep breath and enjoy the natural scent of your tea.
- 3 **SIP SLOWLY**
Drink mindfully. Notice the taste, the warmth, and how it makes you feel.
- 4 **PAUSE & REFLECT**
Use this time to journal, pray, or simply enjoy stillness.
- 5 **GRATITUDE**
Think of three things you are grateful for today.
- 6 **REPEAT DAILY**
Make this your daily ritual for better health and inner peace.



Slow down. Be present.
Good things will flow.

PERFECT FOR

- ♥ Morning mindfulness
- ♥ Afternoon reset
- ♥ Evening wind down
- ♥ Cold & flu season
- ♥ Anytime you need comfort and calm



Self care is not selfish.
It's the medicine your soul needs.

With love,

Grandma Wendy

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