



Body Cleanse

A delicious blend of cleansing herbs that help to gently detoxify the body. Enjoy hot or iced, with fresh mint and a squeeze of lemon for an extra refreshing cleanse!

best brewed at 100°C | caffeine free | hand blended in Tasmania

Organic Dandelion Root: a famous detoxifier, it helps to activate digestion and can improve liver and kidney function.

Nettle: highly nutritious with excellent diuretic properties, it encourages the excretion of toxins from the body.

Cleavers: may help relieve fluid retention, skin problems, lymphatic congestion, urinary tract infections and gout.

Organic Red Clover: may help expel toxins in the bloodstream, liver and kidneys, while potentially relieving constipation, inflammation of the urinary tract, coughs, mucous, sore throats, muscle cramps and nervous exhaustion.

Organic Calendula: antiseptic and detoxifying, it may promote circulation to reduce lymphatic congestion and infections.

Organic Spearmint: considered as an anti-emetic herb, it can relieve nausea and calm the digestive tract.

Elderflower: enhances immune system function and may ease constipation. A natural decongestant that speeds the recovery of upper respiratory infections, such as colds, flu, laryngitis, tonsillitis, hay fever and sinusitis.

Organic Ginger: used to help strengthen and heal the digestive and respiratory systems and reduce nausea.

Best avoided during pregnancy