



Relaxation Blend

This award-winning blend is both refreshing and calming to the mind and the body. Enjoy this delicious tisane at anytime of the day to help you relax and re-group!

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

Organic Peppermint: can help to calm anxiety and relieve pain and spasms, including symptoms of menstrual pain and irritable bowel syndrome, whilst also soothing upset stomachs.

Organic Lime Blossom: also known as linden, this sweet tasting herb is rich in flavonoids and can act as a gentle sedative. With antispasmodic properties, it can also help calm the mind by relieving nervous tension.

Organic Calendula: this herb is traditionally used for jaundice and fever where there is associated irritability and nervousness. With antiseptic, antifungal, antibacterial, antiviral, anti-inflammatory and antispasmodic qualities, it is rich in antioxidants and may be useful in speeding healing processes.

Organic Rose petals: have a restoring effect on the nervous system and can aid symptoms of depression, fatigue and irritability. A useful astringent remedy for diarrhea, it has also been used as a liver remedy.

Cornflower: a gentle astringent that may help digestion and have a calming effect on the nervous system.

Not recommended during pregnancy



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