



Stress Less

This effective blend of botanicals may help to put your mind at ease, settle a knotted stomach and reduce symptoms of acute stress, depression and anxiety.

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

Organic Lime Blossom: with anti-spasmodic properties, it may help calm the mind and relieve stress, tension and panic.

Organic Skullcap: an anti-spasmodic herb that may relieve stress and anxiety and help to treat insomnia.

Organic Oat Straw*: may act as a mild anti-depressant to gently raise energy levels and support a stressed nervous system.

Organic St John's Wort: widely used and studied as a tonic for nervous problems, such as anxiety, insomnia and depression.

Organic Vervain: may have mild anti-depressant actions, used specifically to help treat anxiety and the nervous exhaustion.

Organic Rosehip: rich in vitamins and minerals, it can help to relieve fatigue and boost the immune system.

Organic Chamomile: a wonderful relaxant for the nervous system and smooth muscles throughout the body.

Tasmanian Lavender: a natural sedative that may relieve insomnia, depression, headaches, migraines, stress and tension.

Organic Rose Petals: may help to restore the nervous system and aid depression, fatigue and irritability.

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

*This blend is not recommended to use in combination with anti-depressant medication or during pregnancy. *May contain gluten.*