



Ground your mood. Steady your energy. Feel like yourself again

A calming, hormone-supportive blend for emotional ease and daily resilience.



## WHAT IT'S FOR?

- Equilibritea is designed to support hormonal balance, emotional steadiness and sustained energy.
- Perfect for the days when life feels heavy, your mood dips or blood sugar's playing games.
- This blend lifts gently, without the crash.

## HERO INGREDIENTS...

- **Lemon Balm** - Calms the nervous system and supports mood and hormonal balance.
- **Nettle Leaf** - Mineral-rich tonic for energy, vitality and circulation.
- **Turmeric Root** - Anti-inflammatory and hormone-supportive.
- **Chamomile** - Eases the mind and soothes digestion.
- **Calendula** - Traditionally used for hormonal cycles and lymph support.
- **Spearmint** - Uplifting and helps support healthy androgen balance.
- **Rose Petals** - Softens emotional tension and opens the heart.
- **Ashwagandha Root** - Adaptogen for adrenal support, focus and emotional balance.



## THE VIBE

Warm, steady and gently uplifting.

Equilibritea is your herbal balance beam. No big swings, just grounded energy and emotional support that helps you carry on.

## HOW TO ENJOY IT?



- Steep 1-2 teaspoons in freshly boiled water for 10-15 minutes.
- Best mid-morning or afternoon when mood or energy needs a little lift.
- Can be enjoyed daily as part of your wellness routine.

## CAUTIONS



- Not recommended during pregnancy or breastfeeding.
- Please consult your healthcare provider before use if taking thyroid medication or managing a hormone-related condition.



## Ease into movement.

A herbal blend for joints, muscles and life's natural wear and tear.



### WHAT IT'S FOR?

- Flexibilitea is made to support joint health, ease inflammation and promote better mobility.
- Whether you're recovering from strain or managing daily stiffness, this blend helps you move with more ease and comfort.

### HERO INGREDIENTS...



- **Nettle Leaf** - Mineral-rich and traditionally used to ease joint pain.
- **Turmeric Root** - Powerful anti-inflammatory for muscles and joints.
- **Horsetail** - High in silica, supports bones and connective tissue.
- **Devil's Claw** - Known to relieve joint pain and inflammation.
- **Calendula** - Soothes inflammation and supports tissue repair.
- **Liquorice Root** - Balancing and adaptogenic; enhances herbal synergy and resilience.

### THE VIBE

Grounding and empowering. Golden, like turmeric.

Flexibilitea is not a quick fix, it's a daily ritual that honours your body and supports strength through every stage of life.

### HOW TO ENJOY IT?



- Steep 1-2 teaspoons in freshly boiled water for 10-15 minutes.
- Enjoy warm, or cool it down for a refreshing iced version.
- Perfect daily after movement or first thing in the morning to get going with ease.

### CAUTIONS



- Not recommended during pregnancy.
- Avoid if taking blood thinners or anti-inflammatory medication.
- Please consult a healthcare provider if on long-term medication.



Cleanse, strengthen and revive

A deep-rooted tea for daily vitality.



## WHAT IT'S FOR?

- This earthy, nourishing blend supports your body's natural detox pathways while strengthening the immune system and encouraging steady energy.
- Ideal for sluggish days, low mood or when your body needs a little extra care.

## HERO INGREDIENTS...



- **Nettle Root & Leaf** – Mineral-rich, energising and supportive of kidney function and immune health.
- **Burdock Root** – Deep-cleansing and grounding; traditionally used to purify the blood and support skin and elimination.
- **Dandelion Root** – A classic liver herb that aids digestion, clears excess fluid and helps restore balance

## THE VIBE

Grounded and earthy with a slow-burning strength.

Detox & Defend doesn't shout — it restores.

A deep herbal hug for your system.

## HOW TO ENJOY IT?



- Steep 1-2 teaspoons in freshly boiled water for 10-15 minutes.
- Enjoy daily as a tonic, especially when you're feeling sluggish, post-indulgence or in need of a reset.

## CAUTIONS



- Not recommended during pregnancy or breastfeeding.
- Please consult your healthcare provider if taking medication or managing kidney or liver conditions.
- May have diuretic or mild laxative effects.



Clear the fog. Lighten the load.  
Restore your balance

A grounding tea to support lymph flow,  
digestion and gentle detox.



## WHAT IT'S FOR?

- Earl Glow is formulated to support healthy lymphatic flow, immune strength and natural detoxification.
- Ideal when you feel puffy, sluggish or just not quite yourself.
- This blend helps your body let go of what it no longer needs.

## HERO INGREDIENTS...

- **Cleavers** – Supports lymphatic flow and helps reduce fluid retention.
- **Burdock Root** – Purifies blood and tissues, deeply grounding.
- **Marshmallow Root** – Soothes the gut and tissues, supports hydration.
- **Barberry Bark** – A bitter digestive tonic for liver and microbial balance.
- **Ashwagandha Root** – Calms the nervous system and supports energy and stress resilience.
- **Liquorice Root** – Harmonising and immune supportive, helps regulate adrenal function.



## THE VIBE

Soft and steady.

Earl Glow is your restorative evening tea. A gentle reset button in a cup. It doesn't push, it encourages. Quiet strength that clears and restores from within.

## HOW TO ENJOY IT?



- Steep 1-2 teaspoons in freshly boiled water for 10-15 minutes.
- Best enjoyed in the evening to wind down and reset, or anytime your system feels overloaded.

## CAUTIONS



- Not suitable during pregnancy.
- Barberry may not be suitable if breastfeeding or taking medication.
- Please consult your healthcare provider if on long-term medication or managing a chronic condition.



## Calm clarity in a cup

A herbal blend for focus, flow and graceful ageing.



### WHAT IT'S FOR?

- Brain Brew is crafted to support mental clarity, circulation and long-term cognitive wellbeing.
- Ideal for focused work, reading, studying or moments of quiet thought.
- It promotes calm alertness to keep you steady, not wired.

### HERO INGREDIENTS...



- **Ginkgo Leaf** – Supports memory, circulation and oxygen flow to the brain.
- **Lemon Balm** – Calms the nervous system and lifts the mood.
- **Ashwagandha Root** – Adaptogen that reduces mental fatigue and supports emotional balance
- **Liquorice Root** – Naturally sweet and balancing; supports the adrenal system.

### THE VIBE

Grounded and alert. Brain Brew brings quiet productivity without overstimulation. Like a clear desk and a deep breath, it helps you find your flow.

### HOW TO ENJOY IT?



- Steep 1-2 teaspoons in freshly boiled water for 10-15 minutes.
- Perfect mid-morning or early afternoon when focus fades or brain fog sets in.
- A steady companion for work, study or slow intentional days.

### CAUTIONS



- Not recommended during the first trimester of pregnancy.
- Please consult your healthcare provider if taking blood thinners or medication for mood, memory or sleep.



Support clarity, calm and hormonal balance every day

A gentle, nourishing tea for the shifting rhythm of perimenopause.



## WHAT IT'S FOR?

- Bloom Balance Day is crafted to soothe nervous tension, clear the mental fog and bring emotional steadiness without stimulants or extremes.
- It's your herbal reset button to help you feel centred, calm and more like yourself again.

## HERO INGREDIENTS...



- **Lemon Balm** – Lifts the mood, eases anxiety, and gently quiets the mind.
- **Nettle Leaf** – Mineral-rich; supports energy and hormone balance.
- **Manjistha Root** – Supports lymph flow, skin clarity and inner balance.
- **Rose Petals** – Heart-opening and softening, eases emotional tension.
- **Ginkgo Leaf** – Promotes circulation and mental clarity.
- **Milk Thistle Seed** – Helps the liver process hormonal changes smoothly.
- **Liquorice Root** – Balancing adaptogen with a naturally sweet finish.

## THE VIBE

Warm, kind and quietly powerful.

Bloom Balance Day is like holding hands with your body through change.  
Steady, wise and full of care.

## HOW TO ENJOY IT?



- Steep 1-2 teaspoons in freshly boiled water for 10-15 minutes.
- Enjoy in the morning or afternoon to feel grounded, focused and emotionally steady.
- A beautiful daily ritual for ongoing support.

## CAUTIONS



- Not recommended during pregnancy or breastfeeding.
- Please consult your healthcare provider if taking hormone-related medication or managing liver conditions.



## Support for the final stretch.

A gentle herbal blend to calm the mind and prepare the body for birth.



### WHAT IT'S FOR?

- Maternitea is crafted for the final weeks of pregnancy, offering calming support for the mind and gentle preparation for the body.
- It helps promote emotional ease, fluid balance and uterine tone as you approach birth.
- A herbal hug for mums-to-be who need a quiet moment to breathe and centre.

### HERO INGREDIENTS...

- **Raspberry Leaf** - Traditionally used to help tone the uterus in preparation for labour.
- **Nettle Leaf** - Mineral-rich, supports energy, circulation and iron levels.
- **Cleavers** - Supports lymphatic flow and reduces fluid retention.
- **Chamomile** - Soothes the nervous system and eases tension.
- **Rose Petals** - Uplifting and heart-opening; gently supports emotional wellbeing.



### THE VIBE

Grounding, floral and reassuring.

Maternitea is your calm in the final stretch. A nurturing pause before everything changes. A soft moment to connect with yourself and your growing baby.

### HOW TO ENJOY IT?



- Steep 1-2 teaspoons in freshly boiled water for 10-15 minutes.
- Best taken from week 32 onwards, once or twice daily.
- Enjoy warm during a quiet moment of self care.

### CAUTIONS



- Not recommended during the first trimester of pregnancy.
- Please consult your midwife or healthcare provider before use.



## Flow. Cleanse. Clarify.

A grounding blend to support detox, clarity and fluid balance from the inside out.



### WHAT IT'S FOR?

- Pureitea gently supports your body's natural elimination systems – including the urinary tract, liver and lymph.
- Ideal when you feel heavy, bloated or foggy.
- Great for post-indulgence resets, fluid balance and hormonal shifts that leave you feeling off.

### HERO INGREDIENTS...



- **Horsetail** – Rich in silica, tones the urinary tract and supports steady kidney flow.
- **Dandelion Root** – Classic liver and digestion support, helps clear excess fluid.
- **Burdock Root** – Deep-cleansing root that supports lymph, skin and blood detox.
- **Milk Thistle Seed** – Protects the liver and promotes regeneration and effective detox.

### THE VIBE

Quiet strength.

Pureitea is earthy, grounded and effective without the drama. It's that steady herbal friend who helps you reset without judgment. Root-to-tip support for clarity and flow.

### HOW TO ENJOY IT?



- Steep 1-2 teaspoons in freshly boiled water for 10-15 minutes.
- Drink in the morning or afternoon when you need to feel lighter and clearer.
- For best results, enjoy daily for a few days.

### CAUTIONS



- Not recommended during pregnancy or breastfeeding.
- Please consult a healthcare provider if taking long-term medication or managing kidney or liver conditions.



Calm the noise. Clear the fog.  
A gentle herbal blend to bring your  
mind back to centre.



## WHAT IT'S FOR?

- Feeling scattered or overstimulated?
- Claritea is crafted to soothe the nervous system, calm busy thoughts, and support mental clarity.
- Perfect for daytime focus or winding down in the evening.

## HERO INGREDIENTS...



- **Lemon Balm** – Lifts the mood, eases anxiety, and gently quiets the mind.
- **Chamomile** – Classic relaxation support for the nervous system and digestion.
- **Spearmint** – Refreshing and uplifting, supports clarity and calm digestion.
- **Rose Petals** – Heart-opening and softening, eases emotional tension.

## THE VIBE

Light, floral, and gently clarifying — like opening a window in a stuffy room.  
Claritea brings calm without dulling your edge.

## HOW TO ENJOY IT?



- Steep 1-2 teaspoons in freshly boiled water for 10-15 minutes.
- Sip mindfully during the day for soft focus, or in the evening to unwind.

## CAUTIONS



- Not recommended during the first trimester of pregnancy.
- Consult your healthcare provider if pregnant, breastfeeding, or on medication.



## Breathe easier

A herbal blend to soothe the chest, ease congestion and support your lungs.



## WHAT IT'S FOR?

- Respiratea supports the respiratory system by clearing congestion, soothing dry or irritated lungs and helping you breathe more freely.
- Ideal for lingering coughs, seasonal tightness or when your body just needs a deeper breath and a little more space to heal.

## HERO INGREDIENTS...



- **Mullein Flower & Root** - Traditional lung tonic to calm coughs and clear the chest.
- **Elecampane** - Helps loosen phlegm and soothe dry, tickly or persistent coughs.
- **Licorice Root** - Moistens, soothes and supports throat comfort.
- **Astragalus** - Immune-supportive tonic that strengthens lung function and resilience.

## THE VIBE

Soothing, earthy and deeply comforting.

Respiratea is a quiet but powerful herbal ally. For when your lungs need a hand and your body needs rest.

## HOW TO ENJOY IT?



- Steep 1-2 teaspoons in freshly boiled water for 10-15 minutes.
- Drink warm and slowly, especially when feeling dry, tight or under the weather.
- Ideal daily for long-term support or as needed for acute care.

## CAUTIONS



- Not recommended during pregnancy or breastfeeding.
- Please consult your healthcare provider if taking medication or managing a chronic respiratory condition.



Restful sleep. Emotional ease. Gentle support for the perimenopausal mind and body

A calming herbal tea to help you let go of the day and soften into rest.



## WHAT IT'S FOR?

- Bloom Balance Night is your evening ritual.
- This gentle, sedating blend helps ease mental chatter, physical tension and emotional restlessness.
- Supports a natural transition into sleep so you can wake feeling more grounded and restored.

## HERO INGREDIENTS...

- **Lemon Balm** - Lifts the mood, eases anxiety, and gently quiets the mind.
- **Ashwagandha Root** - Balancing adaptogen that supports restorative sleep.
- **Manjistha Root** - Supports lymph flow, skin clarity and inner balance.
- **Rose Petals** - Heart-opening and softening, eases emotional tension.
- **Wild Lettuce** - Traditionally used to ease restlessness and promote natural sleep.
- **Californian Poppy** - Herbal sedative that helps with overthinking and deeper rest.
- **Chamomile** - A classic calming herb for body and mind.
- **Liquorice Root** - Brings harmony to the blend and supports adrenal balance.



## THE VIBE

Soft, warm and deeply reassuring.

Bloom Balance Night is like being wrapped in a weighted blanket made of herbs.

A quiet space at the end of your day.

## HOW TO ENJOY IT?



- Steep 1-2 teaspoons in freshly boiled water for 10-15 minutes.
- Best enjoyed 30 to 60 minutes before bed.
- Sip slowly, breathe deeply and allow yourself to unwind.

## CAUTIONS



- Not recommended during pregnancy or breastfeeding.
- May cause drowsiness. Do not drive or operate machinery after use.
- Please consult your healthcare provider if taking sedatives or managing sleep or hormone-related conditions.



For the days when life is just...  
too much

A calming herbal tea with attitude.



## WHAT IT'S FOR?

- This isn't a sleepy tea. It's a nervous system rescue.
- CTFO is for the moments when your mind won't stop racing, your body's wired or the world feels like way too much.
- Helps you switch gears, ground yourself and come back to calm clarity.
- No fluff. No fakery. Just real herbal support for real life stress.

## HERO INGREDIENTS...



- **Wild Lettuce** – Gently relaxes mind and body without knocking you out
- **Californian Poppy** – Takes the edge off emotional tension and restlessness
- **Vervain** – Supports nervous system balance and emotional resilience

## THE VIBE

Deeply calming and gently sedating.

CTFO is your herbal wind-down when life feels unmanageable.

It's not about zoning out. It's about coming back to centre — soft, steady and grounded.

A herbal pause button for your nervous system.

## HOW TO ENJOY IT?



- Steep 1-2 teaspoons in freshly boiled water for 10-15 minutes.
- Sip slowly when your nervous system needs a reset — after a long day or before saying something you'll regret.

## CAUTIONS



- Not recommended during pregnancy or breastfeeding.
- Consult your healthcare provider if taking sedatives or managing a mood or sleep disorder.
- May cause drowsiness.