

# HERBAL TEA

## 1. Herbal Peace Chai:

### Ingredients:

Roman Chamomile Flowers – *Anthemis nobilis*  
Mint – *Mentha*  
Rose petals – *Rosa glauca*  
Cinnamon – *Cinnamomum verum*  
Mary gold – *Calendula*  
Bay Leaves – *Cinnamomum tejpata*  
Ginger – *Zingiber officinale*  
Holy Basil (Tulsi) – *Ocimum tenuiflorum*

This is a gentle and calming nervine blend; a chance for reflection while providing an opportunity to imagine a peaceful world. Take the stress out of life for a while. This is a wonderful drink for meditation and quiet moments.

## 2. Herbal Winter Spice Chai:

### Ingredients:

Cinnamon – *Cinnamomum verum*  
Lemon Peels – *Citrus × limon*  
Green Cardamom – *Elettaria*  
Licorice root – *Glycyrrhiza glabra*  
Ginger – *Zingiber officinale*  
Cloves – *Syzygium aromaticum*  
Nutmeg – *Myristica*  
Holy Basil (Tulsi) – *Ocimum tenuiflorum*  
Pepper – *Piper nigrum*

A warming winter blend and a great stress reducer, this tea also has many anti – clotting and anti – bacterial health benefits. This tea also protects against Heart disease, improves Colon Health and also controls Blood Sugar levels.

## 3. Herbal Dream Chai :

### Ingredients:

Mint – *Mentha* –  
Roman Chamomile Flowers – *Anthemis nobilis*  
Rose petals – *Rosa glauca*  
Bay Leaves – *Cinnamomum tejpata*  
Coriander – *Coriandrum sativum*  
Cumin Seeds – *Cuminum cyminum*  
Ginger – *Zingiber officinale*

This infusion blend is based on an ancient said to evoke powerful and colorful dream. It is especially blended for the dreamer, stimulating vivid and easily recalled dreams. It is a light, minty yet, rich flavour. It is especially enjoyable after a rich or large dinner.

## 4. Herbal Evening Repose Chai :

### Ingredients:

Rose petals – *Rosa glauca*  
Lemon Peels – *Citrus × limon*  
Roman Chamomile Flowers – *Anthemis nobilis*  
Mint – *Mentha*  
Turmeric – *Curcuma longa*

Enjoy the harmony and dance of light across the twilight sky as you savour the tranquility in our Evening repose. It is a perfect toast to the moon. This is a beautiful infusion blend with a robust flavour of flowers & mint.

## 5. Herbal Fairy Tale Chai:

### Ingredients :

Cloves – Syzygium aromaticum  
Lemon Peels – Citrus × limon  
Green Cardamom – Elettaria  
Black Cardamom – Amomum  
Cardamom Grains – Elettaria  
Roman Chamomile Flowers – Anthemis nobilis  
Rooibos - Aspalathus linearis  
Turmeric – Curcuma longa  
Ginger – Zingiber officinale  
Cinnamon – Cinnamomum verum  
Pepper – Piper nigrum  
Coriander – Coriandrum sativum  
Nutmeg – Myristica  
Liquorice root – Glycyrrhiza glabra  
Bay Leaves – Cinnamomum tejpata  
Ginger – Zingiber officinale  
Rose petals – Rosa glauca  
Mary gold - Calendula  
Holy Basil (Tulsi) – Ocimum tenuiflorum  
Mint – Mentha  
Lemon Peels – Citrus × limon  
Coconut – Cocos nucifera  
Apple – Malus domestica

This is a delicious drink for children and adults. A delightful and inspiring infusion blend full of flowers & fairy magic, it is perfect for bed time stories.

## 6. Herbal Forest Chai:

### Ingredients:

Ginger – Zingiber officinale  
Liquorice root – Glycyrrhiza glabra  
Cinnamon – Cinnamomum verum  
Lemon Peels – Citrus × limon  
Fennel – Foeniculum vulgare

Formerly known as Lung and balancer just for men! A tasty and healthy decoction created for the general health of men. This tea has many Antioxidant and Antibiotic properties. This tea is beneficial in fighting against many types of cancer and also protects against Rheumatoid Arthritis

## 7. Herbal Calming Chai:

### Ingredients:

Roman Chamomile – Anthemis nobilis – 50%  
Lemon Peels – Citrus × limon – 20%  
Bay Leaves – Cinnamomum tejpata – 20%  
Fennel – Foeniculum vulgare – 10%  
Mary gold – Calendula – 10%

Calming tea is safe and time-tested Ayurvedic formula designed to ease stress and tension, encouraging a state of relaxed alertness without drowsiness. This healing formula contains Chamomile. Known for its mild, apple-like flavour, Chamomile has been used as a calming agent for centuries and is widely regarded for the way in which it helps compose the mind and cool the body. Lemon peels and Bay leaves are used in this formula, as it is a popular antispasmodic and mild anti-irritant. We have also included Marie Gold Flowers which help cool the

body, and Fennel Seed, which aids in calming the muscles, improving digestion and calming flatulence and stomach trouble. Calming tea will help you stay calm throughout the day and is also great for children.

## **8. Herbal Blood Cleanser Chai:**

### **Ingredients:**

Ginger – *Zingiber officinale* – 40%  
Pepper – *Piper nigrum* – 10%  
Liquorice root – *Glycyrrhiza glabra* – 18%  
Cloves – *Syzygium aromaticum* – 12%  
Nutmeg – *Myristica* – 10%  
Turmeric – *Curcuma longa* – 10%

This tea is used as a stomach tonic and blood purifier. It is beneficial for use in connection with symptoms associated with a variety of health conditions due to its purported antioxidant, anti-tumor, anti-inflammatory, and antibacterial effects.

## **9. Herbal Fasting Chai:**

### **Ingredients:**

Cloves – *Syzygium aromaticum*  
Fennel – *Foeniculum vulgare*  
Cinnamon – *Cinnamomum verum*  
Pepper – *Piper nigrum*  
Turmeric – *Curcuma longa*  
Liquorice root – *Glycyrrhiza glabra*  
Bay Leaves – *Cinnamomum\_tejpata*

This tea does not only taste good, it also contains many health benefits such as: Anti-Clotting and Anti-Microbial actions, Blood Sugar Control, it boosts Brain Function, it's Calcium and Fiber protect against Heart Disease and improve Colon Health, among other things.

## **10. Herbal African Red bush Peach Chai:**

### **Ingredients:**

Rooibos - *Aspalathus linearis* – 60%  
Ginger – *Zingiber officinale* – 10%  
Green Cardamom – *Elettaria* – 20%  
Black Cardamom – *Amomum* – 10%

This tea has a number of health benefits, such as improving digestion and stimulating the metabolism. This tea also cleanses kidneys and bladder, stimulates appetite, cures bad breath and can be used as a remedy to reduce tendency of infection. It also improves circulation to the lungs and thus considered good for asthma and bronchitis.

## **11. Herbal Punch Chai:**

### **Ingredients:**

Black Cardamom – *Amomum*  
Pepper – *Piper nigrum*  
Turmeric – *Curcuma longa*

This tea is effective in improving the digestion by increasing the secretion of hydrochloric acid. It also reduces the formation of intestinal gas; it also has significant antioxidant and antibacterial properties, which are important for fighting disease and maintaining overall good health. This tea also helps to alleviate constipation.

## **12. Herbal Tulsi Chai:**

### **Ingredients:**

Holy Basil (Tulsi) – *Ocimum tenuiflorum*  
Coriander – *Coriandrum sativum*  
Black Cardamom – *Amomum*

Nutmeg – Myristica  
Ginger – Zingiber officinale

This tea is a very good source of Vitamin A due to its high content of Basil. This tea also provides protection at a cellular level due to its high content of flavonoids. Also, this tea provides protection against unwanted bacterial growth. This tea is very beneficial for people with rheumatoid arthritis or inflammatory bowel conditions as it provides symptomatic relief.

#### 13. Herbal Breath Deep Chai:

**Ingredients:**

Holy Basil (Tulsi) – Ocimum tenuiflorum  
Ginger – Zingiber officinale  
Bay Leaves – Cinnamomum tejpata  
Honey Bush – Cyclopia spp  
Cumin Seeds – Cuminum cyminum

This tea can be used to treat a number of health problems like vomiting, coughing and diarrhea. It is also used in traditional medicines as a treatment for inflammatory joint diseases such as arthritis, rheumatism and a variety of other conditions.

#### 14. Herbal Foxtrot Chai:

**Ingredients:**

Rooibos - Aspalathus linearis – 50%  
Mint – Mentha – 10%  
Roman Chamomile – Anthemis nobilis – 30%  
Bay Leaves – Cinnamomum tejpata – 10%

This tea helps in reducing the damage done by free radicals. It also helps to relieve stomach ulcers, nausea, constipation and heartburn. This tea has a high content of fluoride, calcium and manganese. It is well known for its ability to soothe the digestive tract and reduces the severity and length of stomach aches. In addition, it eases the discomfort associated with irritable bowel syndrome, and even slows the growth of many of the most harmful bacteria and fungi.

#### 15. Masala Chai:

**Ingredients:**

Black Tea – Camellia Sinensis  
Cinnamon – Cinnamomum verum  
Ginger – Zingiber officinale  
Cloves – Syzygium aromaticum  
Bay Leaves – Cinnamomum tejpata  
Green Cardamom – Elettaria

This tea aids in prevention of indigestion and abdominal cramping. It also alleviates high blood pressure and stimulates circulation of blood throughout the body. This tea is used to prevent as well as treat morning sickness and it also relaxes the stomach.

#### 16. Kashmiri Chai:

**Ingredients:**

Black Tea – Camellia Sinensis  
Cinnamon – Cinnamomum verum  
Almond – Prunus dulcis  
Cloves – Syzygium aromaticum  
Green Cardamom (grains & leaves)  
Rose petals – Rosa glauca  
Bay Leaves – Cinnamomum tejpata

This tea is especially useful in reducing LDL Cholesterol levels and reducing the risk of heart disease. This tea is also useful in protecting the muscles around the heart. As well as being a protein powerhouse, this tea also helps in reducing gallstones. Also, the content of almonds in this tea will ensure that you get a healthier diet with every cup of tea.