

Herbal Teas

1. Pick Your Herbs

Chamomile, lavender, peppermint, ginger, hibiscus.

Mix & match for flavor and benefits.

2. Steep

- Hot Tea: 1 tsp dried herbs per cup of water. Steep 5–10 min, strain herbs, enjoy.
- Iced Tea: Use 2 tsp per cup, steep 20–30 min, chill, serve over ice.

3. Customize

Add lemon, honey, cinnamon, or fresh mint for an extra flavor boost.

Tip: Store dried blends in an airtight jar.
They'll stay fresh for months!