

# Tea & Tisane Menu

Bring a sense of calm to a hectic day with a hydrating infusion of antioxidants, vitamins and minerals known to improve the overall appearance of skin, nails and hair, as well as provide a boost to the immune system!

## Teas

Black Tea (Fair-trade, Organic) - This tea's strength of character permits the addition of milk, cream, honey or sugar, but it's just as good enjoyed straight.

Green Tea (Fair-trade, Organic) - Chosen for its unique, satisfying and refreshing flavour, organically grown and cultivated without the use of pesticides, herbicides or artificial chemical fertilisers.

G.L.E.W. Tea (Organic) - G.L.E.W. Tea is a warming ginger, lemon brew to help survive the nasties & keep you together - it keeps you from coming unstuck!

Coconut Tea - This bright and breezy blend takes your taste buds to a tropical island. Yerba Mate contains the natural and unique "Martine" and minimal caffeine stimulates which puts you in a lively mood, without letting you crash! Party like Carnival whilst staying hydrated!

## Tisanes: Single Herb and Herbal Infusions

Well-Being Blend (Organic) - A light and naturally sweet mint tea with a refreshing taste. It's a soothing anti-oxidant rich tea, to help reinvigorate and restore your natural balance. Alkaline... the perfect after dinner mint tea.

Camomile - For gastrointestinal complaints such as: minor spasms, flatulence, belching, colic and epigastric distension. Relieves gastritis and enteritis symptoms.

Fennel (Organic) - Made from the finest fennel seeds for a deliciously sweet infusion.

Cocoa and Chilli (Organic) - If you feel it's time for a cleanse, this blend is just the thing for you: a naturally caffeine-free blend of Peppermint, Elderflowers, Fenugreek, Fennel seeds, Tumeric and more!

Complexion Tea (Organic) - This famous blend of herbs helps to foster a luminous glow. With an organic savoury taste and no caffeine, it can be enjoyed anytime!

Blue Magic Tea (Organic) - This sensual floral combination will seduce you with its magic, transforming and boosting the lustre of your hair, skin and eyes! Indulge your fascination as your tea changes from blue to purple with a squeeze of lemon.

Australiana Tea (Organic) - A refreshing combination of Australia's native plants, eucalyptus & lemon myrtle. It is reflective of our landscape and the people who inhabit it - cool, dry and vast with a whole lot of soul!