



Wellness Herbal Tea

**RELAX**

**Vata**

**Warming herbal tea based on the concept of Ayurveda (knowledge of life for healthy living) helps in balancing energy and is a natural detox beverage.**

According to Ayurveda, the human body is made up of **5 elements Space, Air, Fire, Water and Earth**, which are present in the cosmos and work as **doshas or energies known as Vata, Pitta and Kapha**. Although the doshas regulate thousands of separate functions in the mind/body system, they have three basic functions:

**Vata** controls movement – **Pitta** controls metabolism - **Kapha** controls structure.

The lifestyle and eating habits of an individual should maintain the three dosha's in balance, as an imbalance creates mental and physical disturbance in the human body.

**RELAX – Vata - air + space - movement**

**Vata** means “That which moves things”, and is the most powerful Dosha/Energy. Vata makes us creative and energetic.

When aggravated creates skin dryness, insomnia, and makes us anxious and fatigued, and requires to be **RELAXED!!**.





## Wellness Herbal Tea

### REFRESH Pitta

**Cooling herbal tea based on the concept of Ayurveda (knowledge of life for healthy living) helps in balancing energy and is a natural detox beverage.**

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### **REFRESH – Pitta - fire + water - metabolism**

**Pitta** means "That which digests things." Pitta motivates us to be ambitious and goal oriented. When aggravated creates skin rashes, acidity, and makes us angry and irritable, and is required to be cooled and **REFRESHED!**







## Wellness Herbal Tea

### RECHARGE

#### Kapha

**Stimulating herbal tea based on the concept of Ayurveda (knowledge of life for healthy living) helps in balancing energy and is a natural detox beverage.**

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### RECHARGE – Kapha - water+earth - structure

**Kapha** means “that which sticks things together”. Kapha helps us express emotions of attachment, calmness, forgiveness and love. When aggravated creates coughing, weight gain, lethargy and excessive sleeping and requires to be **RECHARGED!!**





## Wellness Herbal Tea

### LADY BLISS

**Balance with the healthy healing blend of rare herbs to rejuvenate and align energies.  
Specially for Women!!**

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**Celebrating NARI (Woman) SHAKTI (Strength/Power) Mother and Source of Creation.** As the name suggests this wellness tea provides harmony and delight specially to women. The combination of rare herbs provides for a healthy detox beverage for all her moods!! The tea combination with Ginger, Shatavari, Ashoka, Licorice balance Vata Pitta and Kapha. Maintain your beautiful you, inside-out with a rejuvenating and a healthy balancing tea and stay **BLISSFUL!!**.







Wellness Herbal Tea

## INGREDIENTS

### RELAX

Tulsi, Ginger, Black Pepper, Cinnamon, Fennel, Ashwagandha, Giloy, Turmeric, Amla, Calendula

### REFRESH

Peppermint, Fennel, Licorice, Green Tea, Garcinia, Cinnamon, Calendula

### RECHARGE

Peppermint, Green Tea, Cinnamon, Triphala, Licorice, Ajwain, Fennel, Bayleaf, Calendula, Anise

### LADY BLISS

Fennel, Licorice, Ginger, Peppermint, Chamomile, Garcinia, Shatavari, Valerian, Ashoka, Lodhra,  
Conrnflowers