



# Loose Leaf Tea List

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## Traditional Black Teas

These teas have been sourced from all over the world, and can be enjoyed with or without milk. Strength is also a matter of personal preference but, as a guideline, we recommend 1 level or heaped teaspoon per cup. Infuse for 3-5 minutes as desired. Approximately 30-40 cups of tea can be brewed from 100 grams.

TEA NAME	PRICE PER 100G
<b>Assam FOP</b> – Flowery orange pekoe. Large leaf. Medium.	\$9.90
<b>Assam GBOP</b> – <b>Sepon</b> . Full bodied broken leaf. Strong.	\$9.90
<b>Assam GFBOP</b> – <b>Zaloni</b> . Full flavoured blend with golden tips. Medium to strong.	\$9.90
<b>Bourbon &amp; Vanilla Supremo</b> . Finest Assam and Ceylon teas with Bourbon Vanilla. Similar to Rangitoto Blend. Medium.	\$13.90
<b>Ceylon BOP</b> – <b>Lovers Leap</b> . Broken orange pekoe. Strong.	\$9.90
<b>Ceylon OP</b> . Orange pekoe. Large leaf. Medium.	\$9.90
<b>Ceylon OP</b> – <b>Pettiagala</b> . Premium orange pekoe. Medium.	\$11.50
<b>China Keemun Congou</b> . One of the most famous teas in China. Weak to medium.	\$9.90
<b>China OP Yunnan</b> . Large leaf tea with golden tips. Medium.	\$9.90
<b>China Rose</b> . Blend of rose petals and China tea. Weak to medium.	\$9.90
<b>Darjeeling</b> – <b>Ging</b> . Highest quality from top tea garden. First flush. FTGFOP. Weak to medium.	\$20.00
<b>Darjeeling</b> – <b>Margaret's Hope</b> . From one of Darjeeling's best known estates. Second flush. TGFOP. Weak to medium.	\$11.50
<b>Darjeeling</b> – <b>MIM</b> . Good body with classic muscatel character. Second flush. TGFOP. Weak to medium.	\$11.50
<b>Darjeeling Superior Fancy Oolong</b> . Superior blend of finest Darjeeling and Oolong. Weak to medium.	\$20.00
<b>English Blend</b> . Blend of Assam and Ceylon broken orange pekoe. Full bodied. Strong.	\$9.90
<b>English Breakfast</b> . Blend of Assam and Ceylon teas. Aromatic high grade tea. Medium.	\$9.90
<b>English Leaf Blend</b> . Blend of Assam and Ceylon large leaf teas. Medium.	\$9.90
<b>Irish Breakfast</b> . Full bodied blend of Assam and Kenya teas. Strong.	\$9.90
<b>Kenya BP</b> . Rich, full bodied with malty flavour. Cut, torn and curled. Strong.	\$9.90
<b>Lapsang Souchong Supreme</b> . Premium quality large leaf smoky tea. Medium.	\$9.90
<b>Nilgiri</b> . South Indian. Floral-like flavour. Weak to medium.	\$9.90
<b>Prince of Wales</b> . Blend of Assam black tea and Gunpowder green tea. Medium.	\$9.90
<b>Russian Caravan</b> . Smoky flavoured Russian style tea. Medium.	\$9.90
<b>Russian Samovar</b> . Aromatic blend. Russian style flavour. Weak to medium.	\$9.90

### Tea Storage

Store in an airtight container (tin, glass, ceramic) and keep in a dark dry place for freshness. Do not expose tea to bright sunlight or strong heat – as these will impact on quality and longevity. Keep black teas up to 12 months and green teas up to eight months (in ideal storage conditions).

## Flavoured Black Teas

Natural oils, fruit and blossoms combined with the finest of Indian and Ceylon teas create these exciting flavoured teas. Use 1 level or heaped teaspoon per cup. Infuse for 3-5 minutes.

Approximately 30-40 cups of tea can be brewed from 100 grams.

	<b>PRICE PER 100G</b>
<b>1001 Nights</b> – Black and green teas with calendula, jasmine, rose and sunflowers.	\$9.90
<b>African Cream</b> – Banana, coconut, cream, guava and vanilla.	\$9.90
<b>Almond</b>	\$9.90
<b>Apple</b>	\$9.90
<b>Banana</b>	\$9.90
<b>Blackcurrant</b>	\$9.90
<b>Blood Orange</b>	\$9.90
<b>Celtic Dream</b> – Cocoa and whiskey.	\$9.90
<b>Chocolate</b>	\$9.90
<b>Coconut</b>	\$9.90
<b>Cranberry</b>	\$9.90
<b>Cream</b> – Caramel and vanilla.	\$9.90
<b>Ginger</b>	\$9.90
<b>Irish Cream</b> – Almond, coconut and vanilla.	\$9.90
<b>Lemon</b>	\$9.90
<b>Lichee</b>	\$9.90
<b>Lime</b>	\$9.90
<b>Mango Indica</b>	\$9.90
<b>Masala Chai</b> – Black tea blended with cardamom, cinnamon, cloves, ginger. Spicy blend.	\$9.90
<b>Mint</b>	\$9.90
<b>Monks</b> – Bergamot and pear.	\$9.90
<b>Nepal Chai</b> (aka Nepal Masala). Spice tea with almond, cardamom, cinnamon, cloves, ginger, orange peel.	\$9.90
<b>Pacific Star</b> – Calendula, cornflowers, orange peel, rose, vanilla.	\$9.90
<b>Peach &amp; Passionfruit</b>	\$9.90
<b>Snow Dream</b> – Spice tea with cinnamon, orange peel, rose petals.	\$9.90
<b>Strawberry &amp; Cream</b>	\$9.90
<b>Tangy Apricot</b>	\$9.90
<b>Traditional Christmas</b> (aka Masala Chai) – Black tea blended with cardamom, cinnamon, cloves, ginger. Spicy blend.	\$9.90
<b>Vanilla</b>	\$9.90
<b>Wild Cherry</b>	\$9.90
<b>Wild Strawberry</b>	\$9.90

### Tea Selections for the Day

Breakfast time – Ceylon, English Breakfast

Morning tea time – China Rose, Lapsang Souchong

After lunch – Peppermint (aids digestion)

Afternoon tea time – Darjeeling, Earl Grey, Ginger, Ginseng, Green, Keemun, Orange Pekoe,

Prince of Wales (all teas are suitable to serve for afternoon tea)

Bed time – Chamomile, Oolong, Peppermint

## Earl Grey Teas

Enjoy the distinctive taste of these finest quality Earl Grey blends, which have been steeped in bergamot oil. Use 1 level or heaped teaspoon per cup. Infuse for 3-5 minutes. Approximately 30-40 cups of tea can be brewed from 100 grams.

	<b>PRICE PER 100G</b>
<b>Earl Grey Blue Star</b> – Bergamot and cornflowers.	\$9.90
<b>Earl Grey Caravan</b> – Smoky flavour. Bergamot and cornflowers.	\$9.90
<b>Earl Grey Cream</b> – Vanilla, caramel, bergamot and cornflowers.	\$9.90
<b>Earl Grey Darjeeling</b> – Blend of fine Darjeeling with bergamot.	\$11.90
<b>Earl Grey Excelsior</b> – Licorice, banana, vanilla, bergamot and cornflowers.	\$9.90
<b>Earl Grey Fruitpunch</b> – Apricot, peach, passionfruit, bergamot and cornflowers.	\$9.90
<b>Earl Grey's Lady</b> (aka Lady Grey) – Lemon, bergamot and cornflowers.	\$9.90
<b>Earl Grey Rose</b> (aka French Earl Grey) – Rose, bergamot and cornflowers.	\$9.90
<b>Earl Grey Sencha</b> – Bergamot, cornflowers, citrus pieces, jasmine, lemongrass.	\$10.90
<b>Earl Grey Superior</b> – Orange pieces, lemongrass, bergamot and cornflowers.	\$9.90

## Traditional Green Teas

Green teas are known for their health benefits (which can include the lowering of cholesterol and blood pressure levels) and promotion of general wellbeing. Green teas contain only a small amount of caffeine and tannin. Use half a teaspoon per cup. Infuse for 1-2 minutes. Allow to cool slightly before drinking. Approximately 70-80 cups of tea can be brewed from 100 grams.

<b>China Lung Ching</b> (aka Dragon Well) – Princess of green tea distinguished by flat shape, emerald colour and fragrant smell.	\$13.90
<b>Chinese Gunpowder Special</b> – Green tea rolled into tight nuggets. Captivating taste.	\$9.90
<b>Japanese Bancha</b> – Top quality bancha (Ban 2 Go). Late harvest tea. Mild flavour.	\$13.90
<b>Japanese Genmaicha</b> – Exotic blend of green tea roasted with brown rice.	\$12.50
<b>Japanese Matcha</b> – Powdered tea used in tea ceremonies and cooking (price per 65g bag).	\$13.00
<b>Japanese Sencha</b> – Excellent quality tea with sparkling character and light infusion.	\$11.50

## Flavoured Green Teas

<b>China Jasmine</b> – Jasmine blossoms.	\$9.90
<b>Green Christmas</b> – Sencha blended with almond, cinnamon, cloves, ginger, pineapple and safflowers.	\$9.90
<b>Sencha Blue Mango</b> – Mango, mallow petals, pineapple.	\$9.90
<b>Sencha Cherry Rose</b> – Rose petals and Sakura cherry.	\$9.90
<b>Sencha Earl Grey</b> – Bergamot, citrus pieces, cornflowers, jasmine and lemongrass.	\$10.90
<b>Sencha Feng Shui</b> – Energy balancing. Carrot flakes, lemongrass, papaya, pineapple, raspberry, sunflowers.	\$10.90
<b>Sencha Lime</b> (aka Japanese Lime) – Lime crisps and lemon peel.	\$9.90
<b>Sencha Millenium</b> – Rose blossoms, sunflower blossoms, cornflowers.	\$9.90
<b>Sencha Mint</b> (aka Mint Green) – Green tea with refreshing cool mint flavour.	\$9.90
<b>Sencha Peach &amp; Apricot</b> – Apricot, peach, papaya, jasmine, sunflowers.	\$9.90
<b>Sencha Red Ginseng</b> – Green sencha with ginseng powder.	\$9.90
<b>Sencha Spice</b> – Almond, cardamom, cinnamon, cloves, ginger, orange peel.	\$9.90
<b>Sencha Strawberry</b> – Strawberry and papaya.	\$9.90
<b>Sencha Vanilla</b> – Green sencha with vanilla.	\$9.90

## Fruit Infusions

Fruit infusions do not contain any real tea at all and therefore accommodate the tastes of people who want to experience a refreshing and healthy drink without caffeine or tannin. Fruit infusions can be enjoyed hot or cold. Use 1 heaped teaspoon per cup and infuse for 5 minutes. Approximately 25 cups can be brewed from 100 grams.

	<b>PRICE PER 100G</b>
<b>Angel Falls Mist</b> – Apple, calendula, hibiscus, orange, rosehip.	\$10.50
<b>Arabian Magic</b> – Apple, calendula, currant, hibiscus, orange, raisin, rosehip.	\$10.50
<b>Bora Bora</b> – Apple, currant, hibiscus, mango, orange, pineapple, raisin, rosehip, strawberry.	\$10.50
<b>Fruit Punch</b> – Blackcurrant, hibiscus, raisin, red currant, rosehip.	\$10.50
<b>Good Health</b> – Apple, currant, hibiscus, orange, raisin, red currant, rosehip, vitamin C.	\$10.50
<b>Granny's Garden</b> – Blackberry, blackcurrant, elderberry, raspberry, strawberry, spearmint.	\$10.50
<b>Grapefruit &amp; Bitter Lemon</b> – Grapefruit and lemon.	\$10.50
<b>Lady Hannah's Berry Fruit</b> – Strawberry, blackberry, raspberry, pineapple, apple, hibiscus, lemon, orange, rosehip.	\$12.90
<b>Lemon Citric</b> – Lemon, apple, hibiscus, orange, rosehip.	\$10.50
<b>Mango Paradise</b> – Mango, lemon, blackcurrant, pineapple.	\$10.50
<b>Orient Express</b> – Almond, apple, cinnamon, hibiscus, rosehip.	\$10.50
<b>Otago Summer Fruits</b> – Peach, apricot, strawberry, carrot flakes, beetroot cubes, rose buds. A taste of New Zealand's South Island.	\$10.50
<b>Pina Colada</b> – Pineapple and coconut.	\$10.50
<b>Strawberry &amp; Kiwifruit</b> – Strawberry, kiwifruit, apple, hibiscus, orange, rosehip.	\$10.50
<b>Vitamin Cocktail</b> – Apple, hibiscus, orange, rosehip, vitamin C.	\$10.50

## Herbal Infusions

For many years, herbal infusions (aka herbal tisanes) have been recommended for their beneficial health effects. Most contain no caffeine or tannin. Use 1 level or heaped teaspoon per cup. Infuse for 3 minutes. Approximately 30-80 cups (depending on the herb type) can be brewed from 100 grams. Some (chamomile, lavender, lemongrass, peppermint, rose petals) are very light in weight.

<b>Camillio</b> – Chamomile, citrus peel, hibiscus, lemongrass, orange blossom, rosehip, spearmint.	\$11.90
<b>Chamomile</b> – Relaxing and soothing. Eases digestion and calms nerves.	\$12.90
<b>Chrysanthemum</b> – Aids respiratory system. Eases tension. Clears headaches and fever associated with colds.	\$25.00
<b>Energiser</b> – A stimulating blend of flowers, herbs and fruits with peppermint overtones.	\$10.90
<b>Ginger Root</b> – Clean refreshing notes. Eases cold symptoms.	\$11.90
<b>Ginger Root and Lemongrass</b>	\$11.90
<b>Hibiscus</b> – Tangy. Rich in Vitamins C and A. Eases cold symptoms.	\$9.90
<b>Honeybush</b> – From South Africa. Hints of honey. Refreshing. Cleansing. High in antioxidants.	\$9.90
<b>Ice Tea</b> – Refreshing blend containing hibiscus, peppermint, rosehip, spearmint.	\$11.90
<b>Lavender</b> – From France. Floral notes. Eases digestion, migraines and nervous tension.	\$15.00
<b>Lemongrass</b> – Lemon notes. Vitamin C.	\$10.90
<b>Liquorice Root</b> – Sweet light medicinal notes. Anise-like finish.	\$10.90
<b>Luscious Liquorice</b> – Liquorice, hibiscus, peppermint, orange and lemon peel.	\$10.90
<b>Peppermint</b> – Cool and refreshing. Eases digestion, nausea, headaches and tension.	\$11.90
<b>Raspberry Leaf</b> – Commonly used for pregnancy and childbirth. Tones pelvis and uterus.	\$12.90
<b>Rooibos</b> – From South Africa. Sweet fruity notes. Soothes headaches, sleep and digestion.	\$9.90

**PRICE PER 100G**

<b>Rooibos Chai</b> – Rooibos with cardamom, cinnamon, cloves, ginger. Spicy blend.	\$9.90
<b>Rooibos Christmas</b> (aka Rooibos Chai) – Spicy blend.	\$9.90
<b>Rooibos Sunshine Lemon</b> – Rooibos blended with lemongrass and calendula.	\$9.90
<b>Rooibos Vanilla</b> – Rooibos blended with vanilla, almond and calendula.	\$9.90
<b>Rose Petals</b> – Light floral notes with pleasant lingering finish.	\$15.00
<b>Rosehip</b> – Mild sweet pear notes. Contains iron, calcium and Vitamin C (also vitamins A, D and E).	\$9.90
<b>Spearmint</b> – Cool and refreshing. Eases digestion, nausea, headaches and tension.	\$11.90
<b>Yerba Mate</b> – From Brazil. Green unroasted. Physical and mental energy tonic. Contains caffeine.	\$9.90

## White Teas

White teas are rare, with the leaves being picked and harvested before they have fully opened, when the buds are still covered by fine white hair. White tea is similar to green tea in that it has similar health benefits and it has undergone very little processing and no fermentation, however there is a noticeable difference in taste (white tea has a more delicate flavour) and colour.

<b>2 Doves Silver Needle</b> – One of China’s best white teas. Hints of peach. A fresh lingering finish.	\$50.00
<b>Bai Mu Tan</b> (aka White Peony) – Exquisite anti-ageing tea with fresh taste and pale yellow infusion.	\$17.90
<b>Shou Mei</b> (aka Sow Mee) – Refreshing aroma, golden liquor and sweet mellow taste.	\$15.90

## Oolong Teas

Oolong tea (aka Wu Long tea) is semi-fermented which is one of the reasons why it has such a unique character. The semi fermentation gives the tea a little bit more body than a green tea but less body than a black tea. Health benefits include speeding up metabolism and burning calories. Use 1 level or heaped teaspoon per cup. Infuse for 3-5 minutes. The leaves may be reinfused.

<b>Formosa Oolong</b> – Semi-fermented. Thin liquor. Sweet fruity character. Tending black.	\$10.90
<b>Fujian Oolong</b> (aka Ti Kuan Yin) – Semi-fermented. Orchid-like notes. Tending green.	\$10.90
<b>Spring Pouchong</b> – Rare top quality Oolong from Taiwan. Floral aroma. Sweet aftertaste.	\$45.00

## Pu Erh Teas

Pu Erh from the southern Chinese province of Yunnan, is fermented twice. When brewed, Pu Erh has a dark reddish colour and a strong, full and earthy taste. Health benefits include speeding up metabolism and lowering cholesterol. Use 1 level or heaped teaspoon per cup. Infuse for 3-5 minutes.

<b>Chinese Yunnan Pu Erh</b> – Fermented twice and matured. Assists in weight loss and cholesterol reduction.	\$9.90
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## Organic Teas

Organic tea is grown without chemicals and with careful attention to the preservation of the ecosystem. Our organic tea has been certified by an independent third party agency.

<b>Organic Young Hyson</b> – Green tea grown without artificial fertilisers, pesticides, and herbicides.	\$12.50
<b>Organic Yunnan OP</b> – Black tea grown without artificial fertilisers, pesticides, and herbicides.	\$12.50

## Decaffeinated Teas

Our decaffeinated teas are processed using the CO2 process. The advantage of this process is that no chemical solvents are used to remove the caffeine. Also, the original distinct character of the tea is retained by using the naturally occurring CO2 in a circulation process which carefully uses high pressure and temperature to extract the caffeine.

	<b>PRICE PER 100G</b>
<b>Decaffeinated Earl Grey</b> – Full flavoured. Natural bergamot oil.	\$12.50
<b>Decaffeinated English Breakfast</b> – High quality and full bodied.	\$12.50
<b>Decaffeinated Sencha Green</b> – Top quality Chinese sencha.	\$12.50

## Coffee Beans

We sell Atomic Coffee Roasters coffee beans – the Veloce Blend – as either whole bean or ground (but we are only able to grind for an espresso coffee machine).

<b>Veloce Blend</b> – Ideal espresso coffee with creamy heavy body and delicious syrupy sweetness. Powerful coffee with lingering aftertaste (price per 100g).	\$5.50
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## Herbal Infusions (Tea Bags)

<b>Dandelion</b> – Antirheumatic, detoxifier, diuretic, liver cleanser. Packet of 5 sachets.	\$3.20
<b>Dandelion</b> – Antirheumatic, detoxifier, diuretic, liver cleanser. Box of 25 sachets.	\$10.90
<b>Detox</b> – Clarifies and purifies. Box of 25 tea bags.	\$6.00
<b>Echinacea</b> – Immunity and recovery stimulant. Box of 25 tea bags.	\$5.20
<b>Fennel</b> – Aids digestion, circulation, fluid retention, weight loss. Box of 20 tea bags.	\$5.00
<b>Mother-to-Be</b> – Supports body changes during pregnancy. Box of 16 tea bags.	\$11.90
<b>Nursing Mom</b> – Promotes lactation. Box of 16 tea bags.	\$11.90
<b>St. Johns Wort</b> – Eases mild depression, anxiety and stress. Box of 25 tea bags.	\$5.40

## Miscellaneous

<b>3 Flower Burst Artisan Ball</b> – China green tea with Jasmine, Lily and Osmanthus flowers. Ball opens up to reveal flowers (price per ball).	\$3.50
<b>Dragon Pearls</b> – Top quality hand rolled new season green tea. Use 6-8 pearls per cup and infuse for 3 minutes (price per packet).	\$1.50/\$3.00
<b>Dragon Pearls</b> – Top quality hand rolled new season green tea (price per 25gram bag).	\$13.50
<b>Gift Voucher</b> – A good option if you are not sure what tea to buy as a gift.	Any value
<b>Jasmine Silver Ball</b> – Delicate hand rolled jasmine tea. Ball opens up into the shape of a flower (price per ball).	\$2.00
<b>Jasmine Silver Ball</b> – Delicate hand rolled jasmine tea (price per 100gram bag).	\$25.00
<b>Lezzo Turkish Tea</b> – 50 gram and 175 gram bags (price per bag).	\$1.50/\$5.00
<b>Lezzo Turkish Tea</b> – 700 gram tin of Turkish apple tea (price per tin).	\$19.90
<b>Tea Accessories</b> – We stock a range of teapots, tea cups, tea glasses, tea filters, infusers, tinware, giftware and tea books.	-
<b>Tea Gift Box</b> – Gift box with 10 popular teas. Five box types to choose from – mixed teas, black teas, green teas, fruit infusions or herbal infusions (price per box).	\$25.00
<b>Tea Gift Box (Small)</b> – Gift box with 4 popular teas (price per box).	\$12.50
<b>Tiffany Rose Ball</b> – China green tea with Amaranth & Marigold blossoms. Soft rose notes. Ball opens up to reveal flower (price per ball).	\$3.50

## Harney Fine Teas

It is widely accepted that loose tea brews a superior cup of tea, but tea bags are more convenient. Now Harney Fine Tea's unique pyramid silken tea sachets combine the attractions of both. You can take your favourite tea "along" with you in your handbag or pocket by using Harney Fine Tea's handy little Tagalong tins. Tagalongs also make a lovely last minute gift - they are easy to mail to someone who lives locally or overseas.

We stock a range of Harney's Tagalong tins containing either three or five pyramid silken sachets (\$6.90 – \$7.90 per tin) as well as a range of 20 Sachet tins (\$19.90 – \$24.90 per tin), 20 Sachet boxes (\$17.90-\$19.90 per box) and individually wrapped sachets (\$1.50 each or buy ten for \$10).

We usually stock the following Harneys teas: African Autumn, Big Red Sun, Black Currant, Caribe, Cherry Blossom, Chinese Flower, Chocolate Mint, Citron Green, Dragon Pearl Jasmine, Earl Grey Imperial, Earl Grey Supreme, Holiday Tea, Hot Cinnamon Sunset (aka Hot Cinnamon Spice), Mother's Bouquet, Organic English Breakfast, Paris, Peach Ginger, Pomegranate Oolong, Royal English Breakfast, Valentines (around Valentine's Day), Vanilla Comoro, Wedding Tea, White Christmas (around Christmas time), White Peach, White Vanilla Grapefruit, Winter White Earl Grey, and Yellow and Blue.

## Mail Order Service

Our products can be purchased at our shop (open Mon - Fri 9am-5pm, weekends 9am-4pm, and public holidays 10am-4pm) or by phone, fax, mail and email. We accept cheque, Visa, Mastercard and online payments. Mail order charges generally range from \$3.50 – \$5.70, depending on the order size, destination and delivery method (post or courier). Higher charges may apply for large orders or remote areas – we will advise you in this case. Please contact us if you have any queries.

## Tea Production

Tea is grown in at least 30 countries on five continents. Hence our teas come from all over the world. However, the leading tea producers are China (green teas, black teas, white teas, Oolong, Pouchong, Pu-Erh), India (Assam, Darjeeling, Nilgiri), Kenya (black teas), Sri Lanka (Ceylon), Indonesia (green teas, black teas, Jasmine-scented teas) and Japan (green teas, genmaicha). Our main tea supplier belongs to the Ethical Tea Partnership whose mission statement is "working for a responsible tea industry". Please see [www.ethicalteapartnership.org](http://www.ethicalteapartnership.org) for more details.

## Teas for Healing and Health

Athritis – Chamomile or Green

Cholesterol – Black, Ginger, Green, Oolong or Pu Erh

Cold – Echinacea, Ginger, Hibiscus, Peppermint, Rooibos or Spearmint

Depression – Lavender, Rosehip or St. John's Wort

Detox – Dandelion, Ginger, Green, Liquorice, Peppermint or White

Headache – Chamomile, Lavender or Peppermint

Laryngitis – Lavender or Peppermint

Low Energy – Ginger, Ginseng, Rosehip or Yerba Mate

Nausea – Chamomile, Ginger, Peppermint, Rooibos or Spearmint

Sleep – Chamomile or Rooibos

Stress – Chamomile, Ginseng, Jasmine, Rooibos, Rosehip or Yerba Mate

Weight Loss – Dandelion, Fennel, Green, Oolong, Pu Erh or Yerba Mate