



I AM YOGA WELLNESS REMEDY TEAS

Wellness teas are custom made Remedy Teas. Their blends are designed to provide functional benefits in everyday life. We're creating teas with your modern busy life in mind and each blend showcases a different type of tea to support whatever type of day you're having. Give a boost to your wellness with the power and energy of tea. Have any tea with steamed almond or hazelnut milk and/or agave or Honey.

I AM REJUVENATED - African Immunity Booster Tea. The refreshing nutty, sweet, and fruity taste of Rooibos (roy-boss) and honey bush while combining goji berry, rose pedals, lavender, and hearthrone berry provides release of free radicals and pollutants with this renewal antioxidant-rich tea.
NO CAFFEINE

I AM ALERT - Mental Sharpness Tea. Help clear the cobwebs of the mind and increase alertness of the mind. Ganastima (green tea without caffeine), ginkgo, ginseng, coriander, fennel and licorice provide a refreshing cup with a mental kick.
NO CAFFEINE

I AM WELL - Get Well Tea. Delicious tea blended to help you feel good from cold, allergy, or other discomforts. Lemongrass, rosehips, ginger, citrus peel, licorice root, sage, peppermint, cinnamon, and cloves.
NO CAFFEINE

I AM COZY - Cozy Zinger Cleansing Tea. Helping daily cleanse and fight the bugs in the body. Feel warm and cozy while sipping blended fresh lemon, ginger, honey, and cayenne pepper.





I AM CLEANSED - Digestive Tea.

Make your belly sing with a tea designed for unsettled tummies. Feel good all over with this minty, earthy blend of peppermint, fennel, orange peel, and chrysanthemum.

NO CAFFEINE

I AM JOYFUL - Refreshing Joyful Tea.

This sun raise glow blended tea designed to enhance and protect the energy and beauty flow in you. Cleanse with nutrient rich rooibos, peppercorn, hibiscus, ginger, licorice, schizandra berries, orange peel, milk thistle and basil. NO CAFFEINE

I AM RELEASING - Calm Sleepy Tea.

This potent mix of herbs is bound to help send you to la-la land while tasting like a dream. Chamomile, rosehips, lavender, valerian, honey bush, and kava kava.

NO CAFFEINE

I AM BLISS - Amazon Bliss Tea. Rejuvenate,

cleanse and energize with this stimulating blend of 'yerba mate', peppermint, ginger, feverfew, dandelion, licorice root, orange, cumin, myrrh, barberry and ginseng. MEDIUM CAFFEINE (NO CAFFEIN OPTIONAL, GYNOSTEMMA FOR REPLACEMENT)

I AM HEALED - Spicy Healing Chai.

Add some spice to your day with this herbal Chai that can be enjoyed in the morning and during the day with a strong traditional blend of red tea, cinnamon, cardamon, clove, black pepper, and ginger. FULL CAFFEINE (NO CAFFEIN OPTIONAL, ROOIBOS FOR REPLACEMENT)

I AM ENERGETIC - Green Energy Tea.

A dynamite tea that delivers a citrus-fresh, stimulating cup with serious horsepower. Green tea combo, ashwaganda (a powerful Ayurvedic herb), ginseng, gogi, licorice, citrus peel and citrus. FULL CAFFEINE (NO CAFFEIN OPTIONAL, GYNOSTEMMA FOR REPLACEMENT)

\$2.59 each

