## Homemade Teas and Goodies







Chill Out and Chill the F\*\*k Out Blend-(Ashwaganda only in the chill the fuck out), Peppermint, calendula, dandelion root and chamomile.

This blend is crafted to have a Netflix and chill feel. We can make this with or without Ashwaganda. Ashwganda offers anti anxiety effects, without it, the tea will have a calming, more detoxifying effect.



Mystic Mint Blend-Spearmint, Green Tea and Chamomile. Rest easy with this minty bedtime blend.



## Autumn Harvest Blend-

Cranberries, Cinnamon, Apples, Rosehips, Cloves, Lemon Peel, Orange Peel and Calendula



Pumpkin Spice Blend-Black Tea, Ginger, Cinnamon, Nutmeg, Cloves and Allspice



**Dream Mints Blend-**Chocolate Mint, Chamomile and Calendula



**Citrus Rest Blend**-Lemon Balm, Calendula, Chamomile and Lime Zest



Sleepy Hollow Blend-Chamomile, Cranberry, Cinnamon, Rosehips, Clove, Lemon and Orange Peels, and calendula

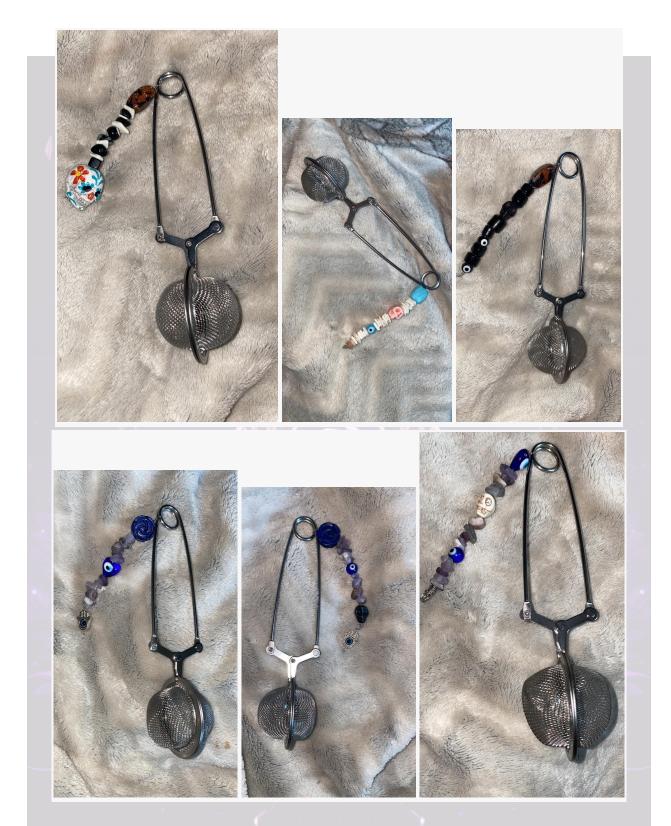
Give my Peace- Spearmint and Calendula

Tea Goodies Intention Steepers









To Book an appointment to come to the Apothecary, click here!