

Ayurvedic Wellness Blend - Menu

Blend	Ingredients
<p>Revitalizing</p>	<p>The rich and slightly sweet aroma makes this composition an ideal companion for anyone under pressure and stress, looking for a revitalizing effect. The colorful and attractive creation is aromatic and soothing in taste. This blend enhances the Vata dosha and helps balancing metabolism.</p> <p><i>Ingredients: cinnamon, licorice, ginger roots, fennel, orange peels, cardamom.</i></p> <p>☞ 1-2 tsp/6 oz cup ☞ 203-212°F ☞ 4-5 min</p>
<p>Balance</p>	<p>This beautiful blend enhanced with spectacular rose petals is soothing and balancing. The manifold, finely composed ingredients result in a taste experience, which is both delicious and aromatic. This tea is made according to Ayurvedic teachings to stimulate the Pitta dosha.</p> <p><i>Ingredients: cardamom, licorice, coriander, fennel, ginger roots, rose petals.</i></p> <p>☞ 1-2 tsp/6 oz cup ☞ 203-212°F ☞ 4-5 min</p>
<p>Stimulating</p>	<p>Just looking at the ingredients makes you feel the strength and power of this blend. This is a spicy, slightly tangy but also aromatic vitalizer that will give you a healthy boost. It stimulates digestion and metabolism. This blend balances the predominating Kapha dosha.</p> <p><i>Ingredients: ginger roots, coriander, cardamom, curcuma roots, cloves, nutmeg.</i></p> <p>☞ 1-2 tsp/6 oz cup ☞ 203-212°F ☞ 8 min</p>
<p>Fasting</p>	<p>This blend can support you in times of moderation. It is harmoniously composed using Indian recipes based on wellness and balance. The intense spice-flowery smell and taste let all ingredients fully unfold.</p> <p><i>Ingredients: green mate, lemon grass, rose hip peels, ginger root, Roman chamomile, cardamom, black pepper, basil.</i></p> <p>☞ 1-2 tsp/6 oz cup ☞ 203-212°F ☞ 8 min</p>
<p>Yoga</p>	<p>A classic among herb blends! This herbal creation was invented in India long time ago, and has been part of Indian culture for centuries. The slightly spicy character and yet aromatic taste is both an inspiring and relaxing experience. Yoga tea can be prepared with milk or water, as you desire.</p> <p><i>Ingredients: cinnamon pieces, hawthorn petals, ginger, cloves, black pepper, cardamom.</i></p> <p>☞ 1-2 tsp/6 oz cup ☞ 203-212°F ☞ 4-5 min</p>
<p>Women's Activity</p>	<p>According to the old tradition – helpful on all days. Fine, spicy ginger and fennel plus sweet, fruity juniper in the nose and on the taste buds, vitalize and refresh.</p> <p><i>Ingredients: orange peels, cinnamon pieces, fennel, licorice, cardamom, ginger, angelica and dandelion roots, cloves, juniper berries.</i></p> <p>☞ 1-2 tsp/6 oz cup ☞ 203-212°F ☞ 8 min</p>
<p>Men's Activity</p>	<p>Traditions from the Ayurvedic teachings form the basis for this blend. The interesting spicy and tangy herbal taste with a bit of pungency makes men's weariness disappear.</p> <p><i>Ingredients: cinnamon pieces, fennel, rosemary and peppermint leaves, cardamom, carob, damania leaves, licorice, sage leaves, black pepper, cloves, sarsaparill roots.</i></p> <p>☞ 1-2 tsp/6 oz cup ☞ 203-212°F ☞ 8 min</p>
<p>Unlike allopathic (modern) medicines, Ayurvedic preparations are safe to use for all age groups, free from side effects, non-allergenic and non-habit forming. They are all 100% caffeine-free.</p>	