# Blooming Teas for Thee

*Instead of giving flowers this Mother's Day, why not enjoy a healthy tea-drinking session together to relax and unwind?*

## Echinacea

***Soft, rounded flavour with floral notes***

- Improves the immune system, protects against the common cold
- Reduces pain and inflammation

## Rose hip

***Tangy, sour-sweet taste***

- A rich source of vitamin C
- Beneficial to skin tissue health and adrenal function

## Lavender

***Soothing and highly aromatic tea with a light and slightly sweet taste***

- Reduces respiratory issues, cough, asthma, bronchitis
- Calming, helps relieve stress, fatigue, headache and insomnia

## Hops

***Unique scent and flavour***

- Helps women to deal with the tension, strain, and stress that comes with PMS

## Linden Flowers

***Delicate and sweet taste***

- Soothes the body and relaxes the mind in just a few sips

## Rose

***Subtle, floral aroma with a slightly tangy or fruity taste***

- Packed with vitamin C, promotes collagen production
- Calms the mind and elevates your mood

## Hibiscus

***Tangy with a slightly sour taste***

- Antioxidants in hibiscus tea help protect against cell-damaging free radicals
- Improve hypertension, cholesterol levels and blood pressure

## Marigold

***Light, earthy, grassy taste***

- Helps to improve lymphatic flow
- Provide anti-inflammatory and anti-microbial properties PRIME