

Thrive in 3
Pause, rebalance & thrive...
With this series of 3 minute tea routines.

FOCUS & VITALITY



You have the ability to change the course of a day with focus & intention.
While your tea is brewing, inhale for 5 seconds & exhale slowly. Repeat.

A few suggested teas! Although you can drink any Black tea...

100°C 3mins BB BREAKFAST BLEND	100°C 3mins REC ROYAL EARL GREY	100°C 3mins KTH KEEP THE HEID
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BOOST & ENERGISE

Boost your mental energy & joy by setting exciting future goals & stepping stones to work towards.
While your tea is brewing, write or chat about 3 goals you want to achieve this month.



A few suggested teas! Although you can drink any Green tea...

80°C 3mins JP JASMINE PEARLS	80°C 3mins PT POSITIVITEA	80°C 3mins BM BLOOMING MARVELLOUS
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The elements
The elements of Earth, Wood, Water, Fire & Metal are thought to be strongly connected to our emotions. Too much fire can risk a burn out.
The 'Tea Mind' is all about rebalancing & taking a small moment each day whilst your tea is brewing to think about yourself, your well-being & the balance of being present in your thoughts.

This may be linked to your lungs & large intestine...
If you crave something spicy...
Drink oolong tea to rebalance

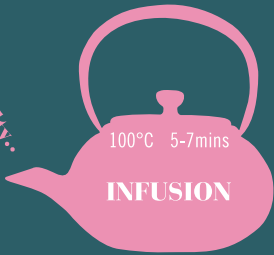
UNWIND & UPLIFT

You have the ability to be centred, connected & grounded, practise self-care & rebalance...
While your tea is brewing, think about 3 things in your life that you feel grateful for.



95°C 3mins OOS ORANGE OOLONG SUPREME	95°C 3mins YGO MILKY OOLONG
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This may be linked to your kidneys & bladder...
If you crave something salty...
Drink herbal, fruit or rooibos tea



Life is the journey, not the destination. Communication & fluidity create positive change...
While your tea is brewing, define a potential source of anxiety for you & plan your solution.

Suggested teas! You can drink any Infusion.

100°C 5-7mins IoHGT ISLE OF HARRIS GIN TEA	100°C 5-7mins SB SEA BUCKTHORN	100°C 5-7mins CR CHILLI ROOIBOS
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The Tea Mind Map

CLEANSE & CALM

If you crave something sour...
This may be linked to your liver & gallbladder...
Drink white tea to rebalance



80°C 3mins WPeo WHITE PEONY	80°C 3mins WPea WHITE PEACH	80°C 3mins SN SILVER NEEDLE
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You are strong & have the ability to weather a storm for new beginnings...
While your tea is brewing, write or discuss an alternative perspective to a challenge you may be facing.

Moon phases



The moon phases have an effect on the earth, & therefore it is thought they are also a largely overlooked in connection to the state of wellbeing. It is thought that the moon has an effect on our emotions depending on it's position. There are dedicated tea types suggested to drink during these phases each month to rebalance.