



Tea & tea in mind

Your 3 minute tea routines to empower you to pause, rebalance & create calming space for the mind...



You have the ability to turn chaos into order. Yield, relax & forgive...

While your tea is brewing, think or talk about what or who you are grateful for.



100°C 3mins

BLACK TEA

You have the ability to be centred, connected & grounded, practise self-care & re-balance...

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 BDC BOLLYWOOD DREAMS CHAI	100°C 3mins WT TOMATIN WHISKY TEA
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If you crave something sweet... This may be linked to your stomach & spleen... Drink black tea to rebalance

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



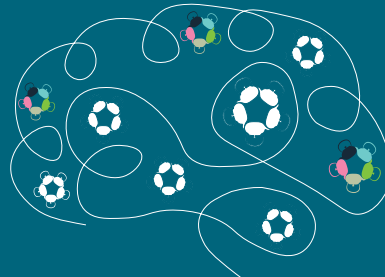
95°C 3mins

OOLONG TEA

Suggested Oolong teas...

95°C 3mins OOS ORANGE OOLONG SUPREME	95°C 3mins YGO YELLOW GOLD OOLONG
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This may be linked to your heart & small intestine... If you crave something bitter... Drink green tea to rebalance...



tea in mind

ADVENTUROUS



80°C 3mins

GREEN TEA

Remain balanced so that you have enough energy to light your path without burning out...

While your tea is brewing, write or chat about 5 things to put on your bucket list.

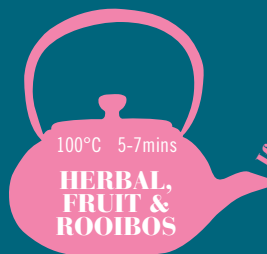
A few suggested teas! Although you can drink any Green tea...

80°C 3mins JP JASMINE PEARLS
80°C 3mins CM CEREMONIAL MATCHA
80°C 3mins BM BLOOMING MARVELLOUS



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.



100°C 5-7mins

HERBAL, FRUIT & ROOIBOS

A few suggested teas! Although you can drink any Herbal, Fruit or Rooibos tea...

100°C 5-7mins IoHGT ISLE OF HARRIS GIN TEA	100°C 5-7mins CAR CRANBERRY APPLE RIOT	100°C 5-7mins CR CHILLI ROOIBOS
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If you crave something salty... This may be linked to your kidneys & bladder... Drink herbal, fruit or rooibos tea

IRRITATED



80°C 3mins

WHITE TEA

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.

Suggested White teas!

80°C 3mins WPeo WHITE PEONY	80°C 3mins WPea WHITE PEACH	80°C 3mins SN SILVER NEEDLE
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If you feel... If you crave something sour... This may be linked to your liver & gallbladder... Drink white tea to rebalance

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.

The elements

The elements of Earth, Wood, Water, Fire & Metal are thought to be strongly connected to our emotions. Too much fire (Adventurous) can risk a burn out. 'Tea in 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.