



HEALTH AND WELLBEING

Teas, herbs and fruits blended specifically for their healing qualities. This blend is a selection of alchemy rooted health tonics for a variety of needs, from relaxation to tackling flu.

Energy & Vitality Potion

An expert blend of Oolong, white tea, yerba mate and lemon pieces provide a cup of tea with a fresh citrus flavour which boosts metabolism and provides an energy pick me up.

Ingredients: Oolong tea, green yerba mate, lemon pieces, white tea, blue cornflowers, sunflowers and natural flavours. Caffeinated.

Rest & Recuperation Blend

Containing herbs reported to help relieve mental and physical tiredness, improve mood and strengthen the body to handle stress. A zesty citrus and mint flavourful tea blend.

Ingredients: Green mate, lemongrass, spearmint, ginseng, ginkgo, nettle, cornflower, calendula and sunflower petals. Caffeinated.

Relaxation & Digestion Nightcap

This combination of herbs have been blended for their relaxing and calming effect on the brain. Light, fruity and caffeine-free.

Ingredients: Luxury camomile, rooibos, lemon balm, lemon verbena, linden flowers, anise, cinnamon, oat straw, hops, passion flower and orange peel.

Winter Cold & Flu Tonic

A heavy blend of ginger and elderberries reported to stave off colds and flu with added lemongrass and lemon pieces to help prevent growth of bacteria and relieve pain and swelling. Healthy & caffeine-free.

Ingredients: Dried ginger, lemon pieces, lemongrass, elderberries, rosehip and liquorice.

HOW TO ENJOY YOUR TEA

Alchemy Tea sources and blends the finest teas with botanicals from around the world to bring you an experience which is sure to relax and revitalise.

Select your preferred blend from our range and fill the infuser so it is a little under half full (around one teaspoon of tea for a normal strength cup).

Heat your water until just before boiling. Fill your cup with water and place the infuser in the cup. Give the cup a gentle stir with the infuser and then leave it in the water for all of the ingredients to release their natural flavours and aromas. After a couple of minutes remove your infuser, sit back & enjoy a perfectly blended high-quality tea.

Experiment with your own blends by combining different teas from our extensive range.

Enjoy.

The Alchemists

Discover your blend