



TEA LIST

PRICE PER 1 OZ. WITH 2 OZ. MINIMUM PER TEA

BLACK TEAS: (1 heaping teaspoon per cup, 195-212 degrees, 3-5 min.)

- MARGARET'S HOPE**- A Darjeeling, with delicate astringency and Muscat grapes notes 6.50
DARJEELING 2ND FLUSH-(190-195 degrees 3 min) A semi-brisk tea filled with fruity flavors and floral aromas 11.25
ASSAM – From north-eastern India. Assam has a bold and malty flavor and is often enjoyed with breakfast 7.25
CEYLON SINGLE ESTATE-From high altitudes in Sri Lanka, this smooth tea is known for its floral and stone fruit notes 6.00
DECAF ASSAM- Caffeine free, but still filled with the malty flavors and health benefits of Assam 8.25
DECAF CEYLON – Caffeine free but keeps the depth of the floral and citrus flavors associated with Ceylon 7.25
KEEMUN- One of China's most famous teas that when brewed has a reddish color with a subtle smoky and floral flavor 6.75
LAPSANG SOUCHONG- Known for its smoky flavor, this is a brilliant tea to have with breakfast 7.25
ANCIENT GOLDEN YUNNAN- Notes of cacao and peppery spice with a smooth and sweet malty finish 8.75
GOLDEN MONKEY (180 degrees, brew 3x) Handpicked with traces of cocoa from the high mountains of Fujian, China 19.75
RED PAGODA - Hand-crafted south Yunnan golden tips that resemble red pagoda flowers 9.00
KENYA MILIMA- An elegant African tea reminiscent of classic Assam, only lighter in flavor 5.75
ENGLISH BREAKFAST- Chinese Keemun black tea that is strong and simple 6.00
IRISH BREAKFAST- A malty flavor and stronger Assam element than the English breakfast 6.00
SUPREME BREAKFAST - A full-bodied blend of Assam and Keemun, stronger and smoother than classic English 10.50
EARL GREY- A famous British tea flavored with bergamot citrus oil 6.25
DECAF EARL GREY- Caffeine free but still holds the depth and flavor 7.25
EARL GREY SUPREME- Stronger than our regular Earl Grey with Silver Needles added for an antioxidant boost 7.25
CREAM EARL GREY- Sweet, smooth notes of vanilla enhances the bergamont of this traditional Earl Grey 7.00
RUSSIAN EARL GREY- A strong Earl grey with clover, lemongrass, cornflower, calendula, lemon & orange peel 7.00
VERSAILLES LAVENDER EARL GREY- Soothing blue lavender added to a full-flavored Earl Grey 7.00
QUEEN ELIZABETH – A blend of Assam, Darjeeling, and Ceylon teas from India and Sri Lanka, toasty and malty 6.00
PALM COURT- A deep blend formulated in New York, including Keemun, Assam, Ceylon and Formosa Oolong 6.00
ALMOND- Warm black tea with almond slices mixed in (contains nuts) 6.25
ANGEL'S DREAM- Maple and blackberry essences blended with black and green tea leaves 6.25
APRICOT- Warm, sweet, and nutty flavors blended into a rich black tea 6.25
BLACK CURRANT-Strong fruity notes and pieces of black currants are masterfully blended with Chinese black tea 6.25
CHOCOLATE – Blended with cocoa to create a balance of lightness and rich chocolate 7.25
DECAF CHOCOLATE – A noncaffeinated option of our rich, chocolate black tea 7.00
CHOCOLATE MINT- A great dessert tea. Mixed with cocoa, spearmint and peppermint 6.75
CRANBERRY AUTUMN BLEND – Fruity, semisweet black blend with orange peels and dried cranberries 6.75
ELYSE'S BLEND- A honey sweetened blend of Assam and Kenyan teas and smooth Ceylon 7.25
FLORENCE- Luscious blend with chocolate and hazelnut flavors. Add milk for a great alternative to hot cocoa 7.00
FRENCH BLEND- Luxurious black and green teas blended with rose, lavender, jasmine, and cornflower petals 6.25
HOLIDAY TEA- Mellow orange-infused blend of black teas with almond and spice flavors 6.50
HOT CINNAMON SPICE- Naturally sweet and spicy blend with a variety of cinnamon, orange peel, and sweet clove 6.25
ICE WINE- Rich black tea leaves blended with grapes that are picked after they have frozen on the vine, a favorite iced 6.25
LYCHEE RED- Light and refreshing lychee fruit blended with a rich black tea 6.25
MANGO- Black tea blended with dried mango bits. Great hot or iced! 6.25
MONK'S BLEND- Decadent pleasures of delicious vanilla and grenadine, with calendula petals (contains nuts) 6.00
PARIS- Sweet, aromatic blend with black currant, caramel, vanilla and bergamot citrus oil 7.00
PEACHES AND GINGER- Fine pieces of crystallized ginger and peaches, great iced in the summertime 6.25
ROSE SCENTED- Strong Chinese black tea with a full rose aroma thanks to the presence of rose petals and oil 6.50
VANILLA BLACK-Cured with vanilla extract & blended with hand chopped Grade-A vanilla beans 15.50

CHAI: (1 full tsp. per cup/ 2 tsp. for latte; steep 5 min.)

- MASALA CHAI**- The finest chai there is: Assam, anise, cardamom, pepper, cloves, ginger, and cinnamon 7.50
VANILLA MASALA CHAI- A creamy blend of vanilla rooibos with our fine black masala blend 7.50
CHAI MATE- Yerba mate with roasted chicory and chai spices 7.00
CHOCOLATE CHAI- A blend of pu-erh tea with yerba mate, cacao bean, vanilla bean, coconut, and masala spices 7.75
ROOIBOS CHAI- Spicy and sweet rooibos with coriander and masala spices. 6.50

YERBA MATE: (1-2 tsp. per cup, run cool water over leaves quickly, 5 min.)

- ROASTED MATE**- Traditional, deep, earthy, and smoky flavor 6.25
DARK ROAST MATE- Mixed with roasted grains (Chicory, Barley, and Carob), this maté is filled with earthy flavors 7.00
FRESH GREEN MATE- Following the Brazilian process, this maté is not aged and free of smoke flavors 6.25
LEMON GINGER HERB MATE- Yerba maté blended with lemon myrtle and ginger bits 7.25
TROPICAL LIME MATE- Yerba maté with roasted chicory, hibiscus and lime 7.00

GREEN TEA: (1 tsp. per cup, 170-185 degrees, 1-4 min. depending on the tea)

- SENCHA** – (170 degrees, 1 min) Japanese green tea, cultivated under full sunlight and steamed to hold its flavor 7.75
DECAF SENCHA – (170 degrees, 2 min) A chemical-free decaffeination process maintains the classic flavor of Sencha 7.75
BANCHA – (170 degrees, 2 min) Japanese matured leaves and stems, more astringent than Sencha, great iced 7.00
HOUJICHA – (180 degrees, 3-4 min) Roasted over high heat, this Japanese tea has a smooth, savory, barley-like flavor 9.25
KUKICHA -(175 degrees, 2.5-3 min) High grade Japanese tea with umami flavor, slightly sweet and high in amino acids 14.25
GYOKURO- (175 degrees 3 min) First flush high-grade Japanese tea grown in the shade, dark green and slightly sweet 24.00
GENMAICHA- (175 degrees 3 min) Sencha with puffed and roasted sweet rice, a balanced nutty flavor and astringency 6.75
MATCHA GENMAICHA - (170 degrees 2 min) A blend of Genmaicha and high grade matcha 12.75
MATCHA (GREEN TEA POWDER)- Ceremonial Japanese green tea, stone ground into a fine powder 12.75
SUPER GREEN- (170 degrees 1.5 min) Chumushi Sencha and ceremonial matcha, smooth and sweet umami taste 22.00
DRAGON WELL- “Lung Ching” A high grade Chinese tea, with a bittersweet finish and roasted chestnut aroma 16.50
JADE CLOUD- A combination of steamed, oven-baked and roasted leaves yields a mellow and fresh flavor of Spring 7.50
CHUNMEE- A traditional Chinese tea known for its plum-like sweet and tart flavors 6.25
ENSHI YULU- Chinese green tea steamed to preserve natural oils and antioxidants 6.00
GUNPOWDER- Hand rolled Chinese green tea, high in caffeine and a slightly smoky, grassy taste 6.00
JASMINE – (170 -185 degrees, 3 min) Mild Chinese green tea with a robust Jasmine aroma and taste 8.00
DRAGON PEARL JASMINE – (180 -185 degrees, 4 min) Hand-rolled premium green & white teas infused with jasmine 15.50

GREEN TEA BLENDS: (1 tsp. per cup, 170-185 degrees, 2 - 4 min.)

- BANGKOK** – Bancha blended with lemongrass, coconut, ginger, and a hint of vanilla 7.00
CITRON GREEN- A blend Chinese green teas with tart citrus and orange zest 6.75
CUCUMBER MELON GREEN – A light and fresh blend of Chinese green tea, cucumber slices, and watermelon flavor 6.75
MAGHREB MINT- Chinese green tea, ginger, peppermint, cardamom, licorice, fennel, cloves and black pepper 6.75
MOROCCAN MINT- Delicate Chinese green tea infused with jasmine, blended with peppermint and jasmine flowers 7.00
ORANGE BLOSSOM – Jasmine green tea with sweet scented blossoms, lemongrass and tropical citrus fruits 7.25
PAN ASIA- Japanese Bancha and Chrysanthemum flowers, grassy with subtle floral notes 7.25
POMEGRANATE HIBISCUS- Gunpowder green with pomegranate and hibiscus, tastes fruity and semisweet 6.25
RASPBERRY GREEN- Chinese green tea blended with tart hibiscus and tender dried raspberries 7.25
SENCHA KYOTO CHERRY ROSE- High quality Chinese green tea with sweet cherry and morning rose petals 6.25

BLOOMING TEAS: (handmade blend of premium green, white & floral teas, 175=185 degrees, 5 min. or longer)

- 3 FLOWER BURST**: Mild green tea with peachy osmanthus, jasmine, and lily 13.50
VOLCANO FLOWER BURST- Premium green tea with amaranth, hibiscus, lavender, and light lemon flavor 13.50

WHITE TEAS: (1 heaping tsp. per cup, 180-185, 3-4min.)

- WHITE PEONY** – Smooth and sweet with a softly roasted aroma, pairs well with food and used as a digestive aid 8.75
SILVER NEEDLE PREMIUM- 1st flush white tea with light and refreshingly sweet flavor and a fruity aroma 23.50
JASMINE SILVER NEEDLE – Silver Needle tips infused with jasmine flowers. Light, sweet and floral. 22.50
PEACH BLOSSOM – Hand blended into White Peony with essences of succulent sweet peaches and zesty tangerines 9.75
WHITE TEA ROSE MELANGE - Floral and lightly sweet with hints of lavender and jasmine, with a bright minty finish 9.75
CLOUD FOREST WHITE- Dried by the sun, this tea has a delicate berry-like flavor and a smooth, sweet finish. 8.75

- Yellow Tea: (1 heaping tsp. per cup, 175-180, 3-4 min.)** -- All the antioxidants and benefits of green tea, sweet, delicate & smooth 18.50

OOLONG: (1 tsp. per cup, 185-200 degrees, 5-7 min.)

- IRON GODDESS OF MERCY**- Light coppery infusion and medium oxidation, with flavors of chestnut and dried apricot 9.00
JADE OOLONG- Lightly oxidized from the highlands of Taiwan with a smooth body and floral flavor 8.50
BAO ZHONG – Lightly oxidized green oolong with floral notes of lilac, lily, and orchid and an evergreen character 8.50
RUBY OOLONG- A full-bodied Oolong from Thailand with notes of cocoa, raisins, and black cherry 12.00
MILK OOLONG- Milky sweet aroma with notes of orchid, has a smooth and light lingering taste 13.00
EARL GREEN- From Taiwan, this Oolong is infused with pure essential bergamot citrus oil with a floral finish 9.75
COCONUT OOLONG- Bao Zhong blended with a rich, aromatic coconut essence 9.75
POMEGRANATE OOLONG - A blend of Iron Goddess of Mercy and rich pomegranate flavors 7.75
WATERMELON OOLONG- Sweet and refreshing, this oolong is blended with watermelon rind and a touch of cherry rose 7.75
WU-YI OOLONG- A darker, heavily oxidized oolong with roasted and smoky notes 8.75

PU-ERH (MATURED) TEAS: (1 tsp. per cup, 190-212 degrees, light or dark. 3-7 min)

- YOUNG PU-ERH**- Aged only 1-year, earthy elements with an underlying hardness 7.25
SHU PU-ERH CLASSIC VINTAGE BLEND- Blend of full-bodied Chinese teas, known for its profound effects on the gut 8.50
ANCIENT SHU PU-ERH TUO CHA VINTAGE BLEND- Compressed into small tea cakes rich and smooth dark tea 10.25
SHU PU-ERH CAKE- 4.4 oz Compressed into a large cake, a smooth flavor 45.00
SHENG PU-ERH TUO CHA-(180 degrees,3-4 min) 4.4 oz green pu-erh cakes; subtle, smoky, brisk and sweet 45.00
GINGER PU-ERH- A mild spicy and earthy tea blend that makes for a wonderful digestive aid 8.50
VANILLA MINT PU-ERH- Cool peppermint and vanilla notes with shared accents of espresso and cacao 13.50
SCOTTISH TOFFEE PU-ERH- Dessert in a cup, this earthy pu-erh has caramel flavors and almond bits (contains nuts) 7.75
DEVIL'S PU-ERH - The nuttiness of assam, green coffee beans, cocoa beans and chamomile petals blended with Pu-erh 7.75

🌿 **ROOIBOS: (naturally caffeine free, high in antioxidants, 1tsp. per cup, boiling water, 5 min.)**

ROOIBOS- Translated to “Red Bush” in Afrikaans, native to South Africa, and with a sweetness reminiscent of honey 5.75

GREEN ROOIBOS- Light, refreshing, un-oxidized, and citrus-like in flavor 6.25

HONEY ROOIBOS- Strong honey sweetness and bold taste blended with chamomile and calendula petals 6.00

SUNSHINE LEMON ROOIBOS – Just the right amount of lemon that lightly invigorates the rooibos taste, try it hot or iced 6.00

BOURBON STREET VANILLA ROOIBOS – A warm, sweet blend with calendula petals & **almond slices** (contains nuts) 6.25

THAI ROOIBOS – A delightfully decadent treat with coconut, ginger, lemongrass & cinnamon 6.75

CHAI ROOIBOS- Spicy and sweet rooibos with coriander and masala spices. 6.50

BLUEBERRY ROOIBOS – An antioxidant-rich rooibos blended with sweet blueberries, currants and hibiscus 7.00

PROVENCE- Sweet and floral combination of lavender, raisins, black & red currants, blueberries, rosehips & rose petals 6.00

GINGER LIME ROOIBOS- Strong yet soothing with ginger, lemongrass, licorice root, lime and tangerine peel 6.25

🌿 **TISANE (FRUIT TEAS, 1 tsp cup, boiling water 5 min)**

BERRY BERRY- Creamy and tart all in one! This full flavored tea has deep berry notes and is filled with vitamin C 6.00

CINNAMON PLUM- A warming blend of plum, currants and hibiscus with ground cinnamon 6.75

SCARLET-Rosehips, hibiscus, cranberries, schisandra berries, mango, passion fruit, honeybush rooibos 7.75

HIBISCUS BERRY- Luscious currants and forest berries complement the scarlet red hibiscus 7.50

LADY HANNAH’S WHOLE FRUIT- Boldly refined with lemon, strawberry and blackberry highlights 7.25

STRAWBERRY KIWI- A blend of sweet dried fruits, also makes for great popsicles 6.25

LEMON MANGO PUNCH- Rosehips, hibiscus, lemon and tropical mango. Try hot, iced or frozen 6.25

CHOCOLATE STRAWBERRY – Apple, hibiscus, rosehip, strawberry, papaya, cocoa, and cornflower petals 6.25

MANGO- Sweet mangos, hibiscus, rosehips, and tart mixed berries 6.75

ORANGE GROVE VANILLA- Creamy orange highlights from dried peels, apples, sunflower, and rose hips 6.50

PASSIONFRUIT – Apple, rosehip, papaya, pomegranate, hibiscus, strawberry leaves, cornflower petals, passion flower 6.25

BLOOD ORANGE- Orange peel, apple, rose hips, hibiscus, beetroot, safflower, marigold, notes of raspberry & grapefruit 6.75

🌿 **HERBAL BLENDS (1- 2tsp. per cup, boiling water, 10-15 min)**

TROPICAL MANGO TURMERIC – Mango, turmeric, pineapple, ginger, green tea, jasmine, yuzu peel and kaffir lime oil 11.25

TANGERINE GINGER- Sweet and tart tangerine blended with a warming mix of ginger, hibiscus, and schisandra berries 7.50

CHAMOMILE LEMONGRASS- Calming and refreshing tea with a light but flavorful lemon character 6.50

ON THE WATERFRONT- Mint, ginger, hibiscus, rosehips, calendula, rooibos, & **almonds** (contains nuts) 7.25

NUTTY APPLE – Blend of **almonds**, apples, hibiscus, rosehips, and cocoa beans, an all-time favorite (contains nuts) 6.25

MOTHER’S BOUQUET- A soothing combination of chamomile, orange peel, marigold, rose buds and petals 7.25

TROPICAL CRIMSON- Hibiscus, rosehips, lemongrass, peppermint, licorice root, tangerine and passion fruit oil 7.00

🌿 **MEDICINAL HERBAL BLENDS (1 - 2 tbsp. boiling water, steep 5 min- 4hrs, depending on herb) \$9.00 per oz.**

ALLERGY RELIEF- Red clover, plantain leaf, mullein, elderflower, nettle, peppermint, licorice root, hibiscus, bee pollen (Preventative and relieving)

ARTHRITIS BLEND- Nettle, ginseng, ginger, rosemary, burdock, alfalfa, black cohosh, licorice root (Alleviates stiffness)

BEAUTEA SKIN TONIC- Elderberries, rosehips, hibiscus, schisandra berries, rose petals (Vitamin rich)

DEEP PURPLE - Butterfly Blue Pea, kava kava root, ashwaganda root, passionflower leaf, skullcap, chamomile, lavender, lemonbalm (anti-anxiety, anti-stress) 12.50 per oz

FERTILITEA- Ladies mantle, maca, black cohosh, chastetree berry, nettle, don quai, red clover leaf & blossoms (Regulates hormones and encourages fertility)

FLOW TONIC- Black cohosh, chastetree berry, don quai, raspberry leaf, maca, mugwort, nettle, fennel, cinnamon, marshmallow, wild yam, Tummy Tonic (Regulates hormonal balance, helps with PMS and menopause)

GREEN HERBS BLEND- Holy basil, nettle, lemongrass, rosemary leaf, verveine (Revitalizes and grounds, high in iron)

HANGOVER HELPER- Peppermint, green maté, fennel, licorice, nettle, Lapacho (Cleanses and awakens)

IMMUNITEA BOOSTER- Astragalus, echinacea, elder flower, elder berry, rosehips, ginseng, ginger, peppermint, lavender & french verveine

MEMORY AID- Ginkgo, maté, peppermint, ginseng, rosemary leaf (Concentration and focus)

MOTHER’S MILK- Raspberry leaf, nettle, oatstraw, fennel, alfalfa, fenugreek, rosehips (Galactagogue)

PREGNANCY NUTRITION- Nettle, oatstraw, spearmint, red raspberry leaf, rosehips & red clover blossoms (Nourishing)

PURIFYING TONIC- Burdock root, dandelion root, nettle, plantain leaf, red clover blossom and leaf, saffras leaf, ginger, licorice root, fennel seed, hibiscus & lemongrass (Detoxes and revitalizes)

SERENITEA- Lemon balm, lavender, rose petals, spearmint, skullcap, chamomile, lemongrass and French verveine (Calming, nerve relaxant)

SWEET OBLIVION- Valerian root, lemon balm, lemongrass, green rooibos, chamomile, fennel, spearmint, lavender and French verveine (A sleep aid that doesn’t make you groggy in the morning)

TUMMY TONIC- Peppermint, spearmint, chamomile, ginger, licorice root (Settles and soothes upset stomach, fights colds)

TURMERIC GINGER- Turmeric, ginger, lemongrass, licorice root, lemon & orange peel (Anti-inflammatory, immune boost) 7.50

🌿 **ORGANIC MEDICINAL HERBS**

Alfalfa Leaf: High in vitamins and minerals, stimulates lactation, and decreases cholesterol 6.00

Anise Star Pods: Expectorant, anti-spasmodic, carminative, aromatic, galactagogue 6.25

Astragalus Root: Immune strengthener; increases cells in bone marrow. Do not take when infection is present 6.50

Bee Pollen: Great for allergies, helps expel bad cholesterol, rich in protein 8.75

Bilberry Leaf: Improves circulatory problems including varicose veins, hemorrhoids, poor vision and cellulite 5.50

Birch Bark: Pain reliever, anti-bacterial, anti-inflammatory, diuretic, good for rheumatism and removing excess water 5.75

Black Cohosh Root: Prevents PMS and menopause symptoms. Avoid if pregnant, breast feeding or on estrogenic pills 7.75

Burdock Root: Improves skin by cleansing the liver, also improves sluggish digestion. Avoid if on diabetic meds 6.75

Butterfly Pea: Makes a naturally blue drink, full of antioxidants & is known for its calming, mood enhancing effects 13.50

Calendula Whole Flowers: Powerful healer for skin ailments, digestive inflammation, cramps, candida; lymphatic cleanser 8.75

Chamomile: Egypt's finest Chamomile flowers, soothes aching and tense muscles, poor digestion and calms anxiety 6.50

Chastetree Berry: Hormone balancer and PMS reliever. Avoid if pregnant or on birth control & hormone supplements 6.00

Chickweed: Acne, ulcers, skin irritations, and weight loss 5.50

Chrysanthemum Flower: Lowers blood pressure, calms allergies, relieves irritated or dry eyes 8.75

Cinnamon (Cassia) Chips: Antiseptic, warming, stops vomiting, relieves flatulence 4.75

Comfrey: Heal, soothe and protect damaged tissues, external and internal ulcers, arthritis 5.50

Damiana Leaf: Nerve tonic, anti-depressant, aphrodisiac, sexual tonic. Avoid if pregnant 7.75

Dandelion Leaf: Supports kidney, liver, gallbladder and bladder functions 7.00

Dandelion Root: Liver tonic, promotes bile flow, diuretic, mild laxative, anti-rheumatic 8.00

Dong Quai Root: Treats PMS and menopause symptoms, boosts fertility in men and women 10.75

Echinacea Purpurea Root: Prevents infections, however an endangered herb. Avoid if you have autoimmune issues 8.75

Elder Berry: Immune system booster treats sore throat, runny nose, cough, fever, infections, and muscle pain 7.50

Elder Flowers: Boosts the immune system, flu fighter, anti-bacterial, anti-viral, lowers cholesterol, helps bronchitis 7.75

Fennel Seed: Diuretic, anti-inflammatory, anti-spasmodic, mild expectorant, digestive relief. Avoid large doses if pregnant 5.00

Fenugreek Seed: Relieves gastrointestinal inflammation, coughs and colic, galactagogue, and used for diabetes 4.50

Ginger: Stimulates circulation, useful for any digestive complaints, cardiac tonic, anti-inflammatory, stimulant 6.50

Ginkgo Leaf: Improves blood flow to the brain, memory, cognitive function, vision, and fights free radicals 6.50

Ginseng (Eleuthero Root): Enhances stamina and memory, increases appetite, treats general weakness and agitation 6.25

Hawthorn Leaf & Flower: Cardiac and kidney tonic, atherosclerosis, soothes sore throats 6.50

Hibiscus: Rich in vitamin C, lowers cholesterol, antioxidant, refrigerant, and digestive 6.50

Holy Basil/Tulsi: Treats common colds, stomach issues, inflammation, heart disease, high blood pressure & depression 6.25

Jasmine Buds: Increases metabolism, improves circulation and digestion 10.00

Kava Kava Root: Has calming and sedative effects, good for nervousness, stress, and anxiety. Avoid taking if pregnant 21.00

Lady's Mantle: Helps ease pain in childbirth, cures infections of the pelvic organs, reduces fever & regulates hormones 6.75

Lavender: Muscle relaxant, sleep aid, relieves stress headaches, fragrant and cleansing. Avoid large doses if pregnant 7.50

Lemon Balm: Relaxant great for anxiety and stress, treats viral infections of the skin, and relieves itching 7.50

Lemongrass: Detoxifies the liver, pancreas, kidney, bladder, and digestive tract, also lowers cholesterol. 6.00

Licorice Root: Anti-inflammatory, demulcent, relieves arthritis, rheumatism, lowers blood sugar; natural antacid 6.50

Linden Leaf & Flower: Eases sore throat; relieves menopause symptoms including depression, anxiety, and insomnia 8.50

Maca Root Powder: Increases libido, fertility, and endurance making it a great natural energy boost 6.50

Marshmallow Root: Soothes mucous membrane irritation in the gastrointestinal, respiratory, and urinary tracts 7.75

Moringa: High in iron, vitamin C, calcium, protein, potassium & antioxidants. Leaf 8.00 / Powder 8.25

Mugwort: Stimulates digestion, brings absent or late menstrual cycle, nerve tonic, anti-depressant, carminative 6.50

Mullein: Lung cleanser that treats dry coughs, bronchitis, asthma, hay fever and other respiratory conditions 6.00

Nettle Leaf: Rich in chlorophyll, protein, vitamin C, vitamin A, iron, tones whole female system, and a remedy for allergies 6.25

Oatstraw: High in vitamin A, B complex, C, E, calcium and magnesium. Reduces cholesterol, anxiety, and depression 6.25

Pau d'Arco Bark/ Lapacho: Used for lymphatic congestion, cancer, diabetes, and rheumatism 6.00

Peppermint: Eases nausea, heartburn, asthma, stress, congestion, and stomach pain. Avoid if acid reflux is an issue 5.75

Plantain Leaf: High in vitamin A, C, and calcium. Anti-bacterial, anti-microbial, anti-toxic, anti-inflammatory, pain reliever 8.00

Red Clover Blossom: Anti-inflammatory, anti-septic, anti-spasmodic, blood thinner, prevents hardening/softens tumors 10.50

Red Clover Leaf: Blood and lymphatic purifier, lowers fevers, and heals inflammatory conditions. 6.25

Red Raspberry Leaf: Tones uterus during pregnancy and labor, relieves morning sickness, also helps diarrhea 6.00

Rosehips: High in vitamin C, fights common colds and boosts immunity, diuretic, astringent and mild laxative 5.50

Rosemary Leaf: Improves memory, migraine and tension headaches, soothes nerves, flatulence and helps depression 6.00

Rose Petals & Buds: Promotes healthy skin, relieves stress, depression, colds, and overall well-being 6.25/whole 9.75

Sassafras Leaf: Detoxifying, good for eczema 7.25

Schisandra Berry: Liver tonic, stimulates production of antioxidants for anti-aging of the skin, and increases stamina 12.00

Skullcap: Deep muscle tension, arthritis, and anxiety. Avoid if on anti-anxiety and seizure meds & large doses if pregnant 9.25

Slippery Elm: A mucilage; for sore throat, stomach ulcers, IBS, diarrhea, constipation, bladder and urinary tract infections 9.25

Spearmint: Helps nausea, indigestion, migraines, morning sickness and diarrhea 6.00

St. John's Wort: Anti-inflammatory, anti-depressant, anxiety, shingles. Do not mix with anti-depressants 6.00

Valerian Root: Hypnotic, nervine, carminative and antispasmodic, relieves pain and promotes sleep 10.00

Wild Cherry Bark: Treats respiratory issues and coughs 7.50

Wood Betony: Good for headaches, nosebleeds, cramps, diarrhea, stress relief and nervous tension 6.50

Prices are subject to change as per seasonal influences

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