






Sink into being  
**Lemon Balm**  
 Be nurtured. No stress.  
 All is well  
 Calming for hyperactive children.






  
**PETAL**  
 LOVE NATURE  
 menu

Yarrow, peppermint,  
 sage, echinacea  
**Healing Warrior**  
 A powerful blend for coughs, colds and flu.  
 Add ginger, lemon & honey.  
 Do not take if pregnant or breast feeding.

Like sunlight,  
 giving strength and power  
**Lemon Grass**  
 Immune boosting for coughs  
 colds and fevers. Delicious  
 with ginger & honey

Grown with love  
 in Zimbabwe, without the  
 use of pesticides or fertilizers.  
 Packaged in a hut built of bottles  
 and cans. Find out more at  
[www.remember2morrow.weebly.com](http://www.remember2morrow.weebly.com)  
[remember2morrow@gmail.com](mailto:remember2morrow@gmail.com)




nettle, lemon balm,  
 yarrow  
**Clear the Clutter**  
 Nourish your nervous system. For  
 inner strength, structure  
 and clarity




A nutritive spring tonic.  
 Feel upright and structured.  
**Nettle**  
 Blood builder and blood cleanser.  
 For gout, arthritis & improved  
 resistance to allergens.




settle the body and mind with the  
 gentle glow of  
**Chamomile**  
 for relief of digestive headaches,  
 nervous tension and  
 fiery tempers




gotu kola, creeping thyme,  
 sage, ginger  
**Warm Toes**  
 For digestion & balance. A warming  
 blend for cold days  
 & after meals.




Take a deep breath.  
 Feel witty, confident and inspired  
**Peppermint**  
 The perfect digestive aid.  
 Release mental & emotional tension.  
 Be cool, calm & collected  
 & make it happen.




black tea\* cardamom\* cinnamon\*  
 star anise\* ginger, cloves\* black pepper\*  
 \*not grown locally, with pesticides and fertilizers  
**Chai**  
 Spice up your life. Drink with  
 milk and honey. Life  
 never tasted better




lemon balm, lemon grass,  
 lemon thyme, lemon verbena  
**Lemon Zen**  
 For any time, be refreshed,  
 awakened, centered,  
 smiling




Roses are red, violets are blue.  
 this is the perfect tea for the woman in you.  
**Rose Geranium**  
 Gentle, loving, calming, soothing.  
 For menstruation & PMS.  
 Peace in the belly.




elderflowers, citric acid\*, lemons\*  
 sugar\* water  
 \*with pesticides and fertilizers  
**Elderflower**  
 Refreshing, rich in vitamin C.  
 A perfect any time of day  
 cool drink.




Gotu Kola, Lemon Balm,  
 Rose Geranium, Catnip  
**Innocence**  
 A delicious calming and nurturing blend  
 for that well being feeling- in the belly  
 & the mind. For any time  
 of day.

