

Alkymia TEA

Created by Mariangela Parodi, a gifted Naturopath, Herbalist and Intuitive healer: drawing on her Italian, Chilean and Australian culture to develop **Alkymia TEA**. These revolutionary tea formulas reflect a synergy of her vast experience and knowledge of essences from around the world, crystals, sacred geometry, symbols and herbs. Each sip creates an opportunity for a unique experience, transforming the mind, body and spirit.

This vibrant and passionate range will help to shed limitations and bring a sense of joy, love, vitality and abundance back into your life.

What ever your journey.....There is a tea type for you!

Brewing tips

- ❖ Warm a teapot with hot water, then discard and dry.
- ❖ Add tea according to taste: 1 teaspoon per cup (200ml), the higher the teaspoon measure the stronger the flavour.
- ❖ Using fresh cold tap water, bring to a boil. Green tea should be heated to 70C, to avoid bitterness.
- ❖ Steep tea according to taste: Black tea – 2 to 4 min; Green –1 to 3 min;
- ❖ Fruit – 5 to 8 min; Herbal – 2 to 5 min; Rooibos – up to 8 mins.
- ❖ Gently stir to release the flavour.
- ❖ Black and herbal tea can be sweetened with honey.
- ❖ Green tea is taken without sugar or milk.
- ❖ Herbal tea is also taken without milk.
- ❖ Fruit teas can be refreshing cold or iced.
- ❖ Chai tea is usually taken with warm milk, or soy milk.

Caution

Prolonged and excessive use of liquorice may elevate blood pressure. Avoid if you have high blood pressure, kidney disease or pregnant.

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Alkymia TEA

Use this chart to find out which **Alkymia TEAs** are right for you:

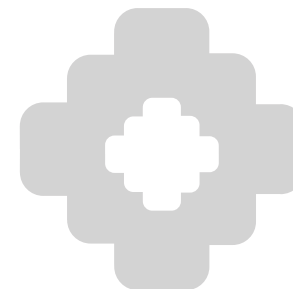
ROMANCE					
	BLACK	GREEN	FRUIT	TISANES	WELLNESS
Romance	Amor * **	Fertility * **	Eros * **	Passion *	Tantra *
	Black tea spearmint cornflowers	Green sencha lavender	Elderberry hibiscus rosehips aniseed ginger orange peel	Liquorice cinnamon orange peel aniseed	Liquorice lemon myrtle calendula hibiscus yerba mate'

* certified organic

** suitable in pregnancy

ROMANCE

Amor	Love flows back into your life, when spirit and desire merge to become one. Letting go of blocks, let your heart open and expand. A new seed will spark to light your soul and bring loving opportunities to surface.
Fertility	Fruitful joyous moment of expansion. When like attracts like, the heart of two soul's are intertwined. The union of these bodies creates the magical blossoming spirit of a new breath of life.
Eros	Sensual expression of warmth weaving around your heart, as you honour and capture the feelings of desire. The tactile yearning ready for expression. A radiant flourish reaching a pinnacle.
Passion	Passionate silent language of the senses are awakened and aroused. You connect with the tantalising flame which ignites within your soul to then become an explosive fire. Surrender to the pleasure of desire.
Tantra	Tantric transformation of possibilities and amplification on all levels. A new awakening and discovery of the self as you ascend beyond the physical to a higher realm of ecstasy.



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