

Yogi Tea Ginger Hibiscus 17 Bags

EAN: 4012824400580 FABRICANTE: YOGI TEA



The combination of crimson hibiscus blossoms and the spicy hint of ginger enlivens the spirit and awakens.

DESCRIPTION

Yoga to relax : Sit cross-legged or in a chair with your back straight and your feet flat on the floor. Use the index finger of your right hand to gently cover your right nostril as you inhale slowly and deeply through your left nostril. Leave your right hand relaxed in your lap and close your eyes. Continue this practice for 1 to 5 minutes. By doing this Pranayama exercise, you will be able to become aware of the receptivity and calm that resides in your being.

What are the ingredients of

- Hibiscus
- Licorice
- Ginger
- Peppermint
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- Turmeric
- Beet
- Cinnamon
- ginger oil
- Cardamom
- Nail
- Black pepper

This infusion is Bio and Vegan.

Contains licorice: people suffering from hypertension should avoid excessive consumption.

