

Yogi Tea Good Dreams 17 Bags

EAN: 4012824401242 FABRICANTE: YOGI TEA



This infusion contains relaxing ingredients such as lavender and valerian root. In addition, aromatic herbs such as mint and sage give us a feeling of calm and serenity.

DESCRIPTION

Practice a simple yoga to get a restful sleep. Before going to bed, take some time to relax and take long, deep breaths. Sit comfortably in a cross-legged position, keeping your back straight and relaxing your shoulders. Place your hands palms up in your lap. Close your eyes and allow yourself to completely relax. Breathe in slowly and deeply through your nose. Keep your attention on your breath, watching the air fill your lungs and expand your diaphragm. Completely empty your lungs as you exhale. Continue like this for 1 to 5 minutes. Then, lie on your right side and enjoy a deep, restful sleep.

What is the composition of Yogi Tea Good Dreams?

- Fennel
- chamomile flowers
- Peppermint
- Cardamom
- Balm
- lemon grass
- valerian root
- Sage
- lavender flowers
- Nutmeg

This infusion is Bio and Vegan.

