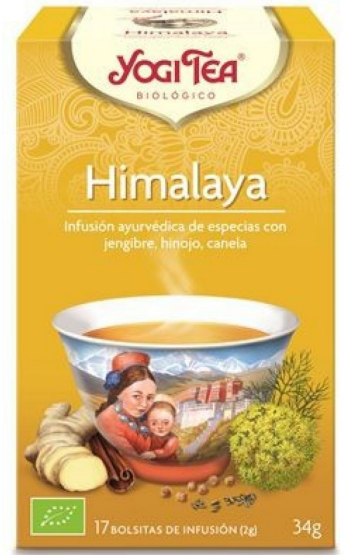


Yogi Tea Himalayan Chai 90g

EAN: 4012824529298 FABRICANTE: YOGI TEA



Fennel and ginger add a subtle note to this brew, while sweet cinnamon makes it especially tasty. This infusion is best enjoyed with milk or a vegetable alternative.

DESCRIPTION

Relaxation and Dance : Stand upright, close your eyes and allow your body to relax. Take slow, deep breaths, feel each tension in your body, and consciously release it. Swing your body, dance and gently move every part of your being. If you have soft, rhythmic music, use it as background music. Do this practice for a period of time from 3 to 11 minutes.

What are the ingredients of Yogi Tea Himalaya Chai?

- Ginger
- Fennel
- Cinnamon
- Anise
- Cilantro
- Licorice

This infusion is Bio and Vegan.

How is this infusion prepared?

Add 2 teaspoons (2.4g) to one liter of boiled water and simmer for 10-15 min. Filter and add the hot milk and sweetener if desired.

