

Yogi Tea Serenity Tulsi 17 Sachets

EAN: 4012824405615

FABRICANTE: YOGI TEA



YOGI TEA® Serenity Tulsi is a true wonder for the senses. The Tulsi, recognized in Ayurvedic philosophy as "The Queen of Herbs" or "Sacred Basil" due to its many healthy properties, gives this infusion an extraordinary aroma. Combined with the subtle fruity notes of orange and the sweet touch of licorice.

DESCRIPTION

To reach a state of relaxation, find a quiet place where you can sit comfortably. Be sure to keep your back straight as you do this breathing practice. Begin by gently closing the right nostril with your finger. Then take a deep breath in through your left nostril and exhale slowly and gently. Continue breathing only through the left nostril for about 3 minutes. This technique will help you calm your mind and find a state of serenity and tranquility.

What are the ingredients in Yogi Tea Serenity Tulsi?

- tulsi
- Basil
- Licorice
- Ginger
- lemon grass
- Orange peel
- Cinnamon
- Lemon peel
- orange essential oil
- Lime
- Black pepper
- Cardamom
- Nail
- Tarragon

Bio and vegan infusion.

