



Herbal Infusion Instructions (Wellness Teas)

Use 1 Tablespoon of herbs to 8-10 oz of water.

Bring water to a boil.

Drop in herbs and cover the pot with a lid.

Turn off heat.

Let sit for 10 minutes.

Strain and drink 1 cup / 2x / day unless directly otherwise by your practitioner.

REFILLS/REORDERING: Please allow us 1-2 days to refill your order. Thank you.

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