



## SLEEPY ME

**Origin:** Egypt, Spain, Germany & China

**Tea blend:** Organic chamomile, lavender buds, hop leaves, valerian root & lemon balm

**Flavour:** Chamomile, lavender, hop and lemon balm

### Description:

A classic yellow chamomile colour with a floral scent completes almost all your senses in this tea. The distinct mix of lavender and lemon makes this tea citrusy with a structured depth. The combination of flowers, herbs and roots also gives the blend an aromatic and spicy touch. This is definitely an all around tea which will help you feel relaxed before going to sleep.

### Brewing method:

For best results, brew for 3-5 minutes with a freshly boiled water. Brews best in a 200ml tea cup.

**Extras:** Drink it as it is, can't get any better than it already is.