

TEAS & TINCTURES

EXCLUSIVE PRODUCT CATALOG

EXCLUSIVELY AVAILABLE TO ICON MEMBERS



*Est. 2026. Thoughtfully crafted, organic herbal blends.
Browse our teas, tinctures, and bundles, and note what calls you.*

Soothing Gut Tea Bags — Slippery Elm & Marshmallow

A smooth, comforting tea built around two of the most revered demulcent herbs in traditional herbalism — slippery elm and marshmallow root. These botanicals are treasured for the soft, coating quality they bring to a cup.

TRADITIONALLY SUPPORTS A calm, settled digestive experience Gentle everyday gut comfort
The body's natural soothing response A grounding, comforting daily ritual

 Caffeine-free  200°F · 7–10 minutes  15 biodegradable tea bags

TASTE Earthy, smooth, and lightly sweet — with a cooling spearmint lift and a soft licorice finish.

INGREDIENTS Organic slippery elm, marshmallow root, cleavers, licorice root, chickweed, spearmint, burdock root, shiitake, red clover.

 Contains licorice root. Not recommended for long-term daily use or if you have high blood pressure.

Colon Care Tea — Organic Herbal Tea Bags

A thoughtful blend of classic digestive herbs from Western and Ayurvedic traditions. Triphala — the three-fruit formula revered in Ayurveda — meets senna, psyllium husk, and dandelion root in a warming, grounding cup.

TRADITIONALLY SUPPORTS Healthy digestive regularity Gentle, natural elimination Everyday gut wellness routines
A grounded post-meal ritual

 Caffeine-free  200°F · 5–7 minutes  15 biodegradable tea bags

TASTE Earthy and slightly bitter with a cooling peppermint finish.

INGREDIENTS Organic senna leaf, psyllium husk, triphala, yellow dock, dandelion root, nettle leaf, peppermint.

Breathe Tea Bags — Mullein & Elecampane

Breathe (formerly Love Thy Lungs tea) is a warming blend of traditional respiratory herbs crafted for daily or as-needed sipping. Mullein leaf and elecampane root anchor this aromatic, cozy cup.

TRADITIONALLY SUPPORTS Healthy respiratory function Clear, comfortable breathing Seasonal lung wellness
A soothing cup during weather changes

 Caffeine-free  200°F · 5–7 minutes  15 biodegradable tea bags

TASTE Warming and aromatic with gentle sweetness from licorice and fennel, a cool peppermint-eucalyptus lift, and a root-earthy base.

INGREDIENTS Organic mullein leaf, ginger root, hyssop, licorice root, peppermint, elecampane root, fennel seed, eucalyptus.

 Contains licorice root. Not recommended for long-term daily use or if you have high blood pressure.

Dream Easy Tea Bags — Evening Herbal Tea

A gentle, calming tea crafted for your nighttime wind-down ritual. Dream Easy brings together nine classic herbs of traditional evening herbalism in a warm, mellow cup made for quiet moments.

TRADITIONALLY SUPPORTS A calm, settled evening wind-down Restful, natural sleep rhythms Release of daily tension
A peaceful bedtime ritual

 Caffeine-free  200°F · 5–8 minutes  15 biodegradable tea bags

TASTE Soft, floral, and gently sweet — with chamomile and rose upfront, a warm tulsi middle, and an earthy valerian-root base.

INGREDIENTS Organic chamomile, lavender, passionflower, skullcap, rose petals, catnip, holy basil (tulsi), lemon balm, valerian root.

 Contains valerian root.

Soothing Gut Loose Leaf — Slippery Elm & Marshmallow

A smooth, comforting loose-leaf tea built around two of the most revered demulcent herbs in traditional herbalism — slippery elm and marshmallow root. These botanicals are treasured for the soft, coating quality they bring to a cup.

TRADITIONALLY SUPPORTS A calm, settled digestive experience Gentle everyday gut comfort
The body's natural soothing response A grounding, comforting daily ritual

 Caffeine-free  200°F · 7–10 minutes

TASTE Earthy, smooth, and lightly sweet — with a cooling spearmint lift and a soft licorice finish.

INGREDIENTS Organic slippery elm, marshmallow root, cleavers, licorice root, chickweed, spearmint, burdock root, shiitake, red clover.

 Contains licorice root. Not recommended for long-term daily use or if you have high blood pressure.

Breathe Loose Leaf — Mullein & Elecampane

Breathe (formerly Love Thy Lungs tea) is a warming blend of traditional respiratory herbs in our premium loose-leaf format — whole herbs, bigger flavor, and a richer brewing ritual.

TRADITIONALLY SUPPORTS Healthy respiratory function Clear, comfortable breathing Seasonal lung wellness
A soothing cup during weather changes

 Caffeine-free  200°F · 5–7 minutes

TASTE Warming and aromatic with gentle sweetness from licorice and fennel, a cool peppermint-eucalyptus lift, and a root-earthy base.

INGREDIENTS Organic mullein leaf, ginger root, hyssop, licorice root, peppermint, elecampane root, fennel seed, eucalyptus.

 Contains licorice root. Not recommended for long-term daily use or if you have high blood pressure.

Organ Refresh — Organic Herbal Tea Bags

A gentle, grounding blend of classic liver- and kidney-supporting herbs drawn from traditional Western and Eastern herbalism. Milk thistle and dandelion leaf form the core of this daily sipping tea.

TRADITIONALLY SUPPORTS Healthy liver and kidney function The body's natural cleansing pathways Healthy fluid balance
A grounded, refreshing daily ritual

 Caffeine-free  200°F · 5–7 minutes  15 biodegradable tea bags

TASTE Earthy and slightly bitter from the dandelion, lifted by cool spearmint and a hint of tart schisandra.

INGREDIENTS Organic milk thistle, dandelion leaf, corn silk, spearmint, plantain leaf, schisandra berry, lemongrass.

Immunity Tea Bags — Elderberry & Echinacea

A bright, warming blend featuring elderberry and echinacea — two of the most beloved botanicals in traditional seasonal-wellness herbalism. Each cup brings together classic immune-adjacent herbs in one grounding ritual.

TRADITIONALLY SUPPORTS A healthy immune response Seasonal wellness routines
The body's natural resilience through weather changes Everyday antioxidant support

 Caffeine-free  200°F · 5–7 minutes  15 biodegradable tea bags

TASTE Tart-sweet from elderberry, with a bright citrus lift from lemon verbena and a grassy nettle backbone.

INGREDIENTS Organic elderberry, echinacea, raspberry leaf, linden bloom, eucalyptus, nettle leaf, lemon verbena, Siberian ginseng.

 Contains Siberian ginseng (eleuthero), an adaptogen.

Dream Easy Loose Leaf — Evening Herbal Tea

A gentle, calming loose-leaf tea crafted for your nighttime wind-down ritual. Dream Easy brings together nine classic herbs of traditional evening herbalism in a warm, mellow cup made for quiet moments.

TRADITIONALLY SUPPORTS A calm, settled evening wind-down Restful, natural sleep rhythms Release of daily tension
A peaceful bedtime ritual

 Caffeine-free  200°F · 5–8 minutes

TASTE Soft, floral, and gently sweet — with chamomile and rose upfront, a warm tulsi middle, and an earthy valerian-root base.

INGREDIENTS Organic chamomile, lavender, passionflower, skullcap, rose petals, catnip, holy basil (tulsi), lemon balm, valerian root.

 Contains valerian root.

Fasting Tea — Organic Herbal Tea Bags

A grounding, lightly energizing blend crafted as a companion for your intermittent fasting window. Our Fasting Tea brings together traditional herbs from across the world's wellness traditions into one thoughtful cup.

TRADITIONALLY SUPPORTS A mindful morning or mid-morning ritual Gentle, clean energy without coffee jitters
Hydration and electrolyte balance during fasting windows Focus and grounded clarity

 Light-to-moderate (from matcha and yerba mate)  195°F · 4–6 minutes  15 biodegradable tea bags

TASTE Earthy and grassy with a light herbaceous lift from linden and a warm, mineral finish from the pink salt.

INGREDIENTS Organic matcha, linden, ginkgo leaf, rooibos, Himalayan pink salt, yerba mate.

Immunity Loose Leaf Tea — Elderberry & Echinacea

A bright, warming loose-leaf blend featuring elderberry and echinacea — two of the most beloved botanicals in traditional seasonal-wellness herbalism. Each cup brings together classic immune-adjacent herbs in one grounding ritual.

TRADITIONALLY SUPPORTS A healthy immune response Seasonal wellness routines
The body's natural resilience through weather changes Everyday antioxidant support

 Caffeine-free  200°F · 5–7 minutes

TASTE Tart-sweet from elderberry, with a bright citrus lift from lemon verbena and a grassy nettle backbone.

INGREDIENTS Organic elderberry, echinacea, raspberry leaf, linden bloom, eucalyptus, nettle leaf, lemon verbena, Siberian ginseng.

 Contains Siberian ginseng (eleuthero), an adaptogen.

Heart Health Tea — Organic Herbal Tea Bags

A warming, aromatic blend drawing from traditional herbalism's most cherished heart-supporting herbs. Hawthorn berry, a cornerstone botanical across European herbal tradition, is paired with linden flower and rosemary for a grounding daily cup.

TRADITIONALLY SUPPORTS Everyday cardiovascular wellness Healthy circulation A calm, steady sense of self
Emotional heart-centered balance

 Caffeine-free  200°F · 5–7 minutes  15 biodegradable tea bags

TASTE Warmly herbaceous with bright rosemary, gentle floral linden, and a soft spicy warmth from ginger and angelica root.

INGREDIENTS Organic rosemary, oat straw, linden, kudzu root, angelica root, hawthorn berries, ginger.

Mother's Day Blend - Organic Herbal Tea - Limited Edition

Give Mom a moment that's just hers. Our Mother's Day Blend is a small-batch organic herbal tea designed for slow mornings, quiet afternoons, and the kind of self-care she rarely makes time for.

 200°F · 5–7 minutes

Tinctures

Concentrated liquid herbal extracts, taken by the dropper. · 31 blends

Anxiety Away — Motherwort Tincture *Leonurus cardiaca*

Motherwort's name in traditional herbalism — the "lion-hearted" herb — hints at its long reputation for soothing the nervous system and supporting a steady heart. Our Anxiety Away tincture features fresh organic motherwort flowering tops.

TRADITIONALLY SUPPORTS Emotional calm during stressful moments A steady, settled sense of self
Restful evenings and natural sleep rhythms Women's wellness through monthly and midlife transitions

 Extract 1:2  25% alcohol  1 dropper (30–40 drops)

INGREDIENTS Organic motherwort, certified organic cane alcohol

Lymphatic Reset — Cleavers Tincture *Galium aparine*

Cleavers is one of the most beloved herbs in traditional European and folk herbalism for supporting the body's natural lymphatic pathways. Our Lymphatic Reset captures fresh, organically grown cleavers in a small-batch tincture.

TRADITIONALLY SUPPORTS Healthy lymphatic flow and drainage The body's natural fluid balance Skin clarity and vitality
Gentle, everyday cleansing rituals

Extract 1:2 25% alcohol 1 dropper (about 30 drops)
INGREDIENTS  Organic cleavers,  certified organic cane alcohol

Dream Easy Blend Tincture — Valerian, Lemon Balm, Rose, Lavender & Catnip

A calming five-herb botanical blend for your evening wind-down ritual

TRADITIONALLY SUPPORTS A calm, settled evening wind-down Restful, natural sleep rhythms Release of daily tension
A peaceful transition into rest

Extract 1:2 25% alcohol 1 dropper (about 30 drops)
INGREDIENTS  Organic valerian,  lemon balm,  rose, lavender, catnip,  certified organic cane alcohol

 Contains valerian.

Hot Flashes Tincture — Motherwort, Dandelion & Red Clover

Botanical Names: Leonurus cardiaca, Taraxacum officinale, Trifolium pratense

TRADITIONALLY SUPPORTS A sense of emotional calm and balance The body's natural cooling response
Healthy liver and detoxification pathways Women's wellness through midlife changes

Extract 1:2 25% alcohol Add ½ dropper (about 20 drops) to water or a drink of choice. Shake well before use.
INGREDIENTS  Organic motherwort,  organic dandelion,  organic red clover,  certified organic cane alcohol

Love Thy Lungs — Mullein Tincture *Verbascum thapsus*

Mullein has been cherished in traditional herbalism for centuries as a gentle ally for the respiratory system. Our Love Thy Lungs tincture captures the soothing, softly earthy character of fresh organic mullein leaf.

TRADITIONALLY SUPPORTS Healthy respiratory function Clear, comfortable breathing Seasonal lung wellness
The body's natural respiratory rhythms

Extract 1:2 25% alcohol 1 dropper (25–50 drops)
INGREDIENTS  Organic mullein leaf,  certified organic cane alcohol

Hypo Thyro Tincture — Bladderwrack Seaweed Extract *Fucus vesiculosus*

Bladderwrack is one of the most mineral-rich seaweeds in traditional coastal herbalism. Our Hypo Thyro tincture is a single-herb organic extract of this ocean botanical — a naturally iodine-rich traditional herb.

TRADITIONALLY SUPPORTS A healthy metabolic rhythm The body's natural mineral support Everyday energy balance
Traditional coastal herbalism rituals

Extract 1:2 25% alcohol Add 15–25 drops to water or a drink of choice, 1–2 times daily. Shake well before use.
INGREDIENTS Organic bladderwrack seaweed, certified organic cane alcohol

Para Clean Tincture — Wormwood & Pau D'arco

A traditional two-herb cleansing blend with wormwood & pau d'arco

TRADITIONALLY SUPPORTS The body's natural cleansing pathways Everyday digestive wellness
Traditional seasonal cleansing rituals The body's natural balance

Extract 1:2 45% alcohol
Add 15–20 drops to water or a drink of choice, 1–2 times daily. For traditional short-term use only — typically not more than 2 weeks at a time.
INGREDIENTS Organic wormwood, pau d'arco bark, certified organic cane alcohol

Memory & Focus Tincture — Lion's Mane & Ginkgo Biloba

A traditional blend with lion's mane mushroom & ginkgo biloba

TRADITIONALLY SUPPORTS Everyday mental clarity Focused, sustained thinking Healthy memory function
The body's natural cognitive rhythms

Extract 1:2 40% alcohol 1 dropper (30 drops)
INGREDIENTS Organic lion's mane mushroom, ginkgo biloba leaf, certified organic cane alcohol

Circulation Blend Tincture — Hawthorn, Devil's Claw & Red Clover

A traditional three-herb blend with hawthorn, devil's claw & red clover

TRADITIONALLY SUPPORTS Healthy circulation Everyday cardiovascular wellness Comfortable movement and flexibility
The body's natural flow

Extract 1:2 25% alcohol 1 dropper (30 drops)
INGREDIENTS Organic hawthorn berry, devil's claw, red clover, certified organic cane alcohol

Irregular Cycle Tincture — Mugwort, Red Clover & Lady's Mantle

A traditional three-herb blend with mugwort, red clover & lady's mantle

TRADITIONALLY SUPPORTS A balanced monthly rhythm Everyday women's wellness The body's natural cyclical flow
Emotional balance through monthly transitions

Extract 1:2 25% alcohol 1 dropper (30 drops)
INGREDIENTS  Organic mugwort, red clover, lady's mantle, certified organic cane alcohol

Mellow Minds Tincture — Lemon Balm, Chamomile, Lavender & Catnip

Mellow Minds is our gentlest calm blend — built for daytime use when you want to feel more settled without sedation. Four classic nervine herbs come together in one easy-to-use liquid extract.

TRADITIONALLY SUPPORTS A relaxed, settled state of mind The body's natural response to everyday stress
Gentle, grounded focus Emotional balance through busy moments

Extract 1:2 25% alcohol 1 dropper (30 drops)
INGREDIENTS  Organic lemon balm, chamomile, lavender, catnip, certified organic cane alcohol

Kick Ass Blend Tincture — Oregon Grape, Echinacea, Mullein & Elderberry

When the seasons shift and you need a little extra backup, Kick Ass Blend delivers. This robust formula combines four of the most respected immune-adjacent botanicals from traditional Western herbalism into one concentrated liquid extract.

TRADITIONALLY SUPPORTS A healthy immune response Seasonal wellness routines
The body's natural resilience through weather changes Everyday respiratory and upper-body wellness

Extract 1:2 35% alcohol 1 dropper (30–40 drops)
INGREDIENTS  Organic Oregon grape root, echinacea, mullein leaf, elderberry, certified organic cane alcohol

Body Boost — Echinacea Tincture *Echinacea purpurea*

Echinacea has been used for generations in North American herbal tradition as a go-to botanical for seasonal wellness. Our Body Boost tincture is a fresh, whole-plant extract crafted for daily or as-needed support.

TRADITIONALLY SUPPORTS A healthy immune response Seasonal wellness routines
The body's natural resilience during changes of season Everyday wellness support

Extract 1:2 45% alcohol 1 dropper (about 30 drops)
INGREDIENTS  Organic echinacea (purple coneflower), certified organic cane alcohol

Immune Support — Elderberry Tincture *Sambucus nigra*

Elderberry has been treasured across European and folk herbal traditions as a seasonal wellness ally. Our Immune Support tincture is crafted from fresh organic elderberries in a concentrated, ready-to-use liquid extract.

TRADITIONALLY SUPPORTS A healthy immune response Seasonal wellness routines

The body's natural resilience during weather changes Everyday antioxidant support

Extract 1:2 25% alcohol 1 dropper (20–30 drops)
INGREDIENTS Organic elderberries, certified organic cane alcohol

Relax & Focus — Chinese Skullcap Tincture *Scutellaria baicalensis*

Chinese skullcap (Huang Qin) is a cornerstone herb in traditional Chinese medicine, valued for bringing a grounded, clear quality to body and mind. Our Relax & Focus tincture uses organically grown skullcap root.

TRADITIONALLY SUPPORTS A calm, focused state of mind Everyday mental clarity

The body's natural response to daily stress Balanced energy through the day

Extract 1:2 70% alcohol Add 40–80 drops to water or a drink of choice. Shake well before use.
INGREDIENTS Organic Chinese skullcap root, certified organic cane alcohol

Heal All — Self Heal Tincture *Prunella vulgaris*

Self heal — known affectionately in folk herbalism as "heal all" — is a beloved botanical of traditional European and Chinese herbal practices. Our tincture captures fresh organically grown flowering tops in a concentrated liquid extract.

TRADITIONALLY SUPPORTS The body's natural antioxidant defenses Everyday wellness routines

Overall vitality and resilience Traditional herbal support for whole-body balance

Extract 1:2 25% alcohol 1 dropper (30–40 drops)
INGREDIENTS Organic self heal, certified organic cane alcohol

Organ Restore — Dandelion Root Tincture *Taraxacum officinale*

Dandelion root is one of the most respected bitter herbs in traditional Western herbalism, valued as an everyday liver ally. Our Organ Restore tincture features fresh organically grown dandelion root.

TRADITIONALLY SUPPORTS Healthy liver function The body's natural cleansing pathways Everyday digestion and bile flow

Healthy fluid balance

Extract 1:2 25% alcohol Add 20 drops to water or a drink of choice, 2–3 times daily. Shake well before use.
INGREDIENTS Organic dandelion root, certified organic cane alcohol

Love Thy Lungs 1oz — Mullein Tincture Collab *Verbascum thapsus*

Our limited-edition 1oz Love Thy Lungs tincture is a collaboration release featuring the same beloved mullein formula our community knows and loves. Mullein has been cherished in traditional herbalism for centuries as a gentle ally for the respiratory system.

TRADITIONALLY SUPPORTS Healthy respiratory function Clear, comfortable breathing Seasonal lung wellness
The body's natural respiratory rhythms

Extract 1:2 25% alcohol 1 dropper (25–50 drops)
INGREDIENTS  Organic mullein leaf,  certified organic cane alcohol

Inflamma-Ease — Linden Flower Herbal Tincture *Tilia spp.*

Linden flower has been treasured for centuries throughout Europe as a soothing botanical traditionally used to support overall wellness and balance. Rich in naturally occurring plant compounds, linden has long been enjoyed as both a tea and herbal extract as part of a healthy lifestyle.

TRADITIONALLY SUPPORTS • Healthy inflammatory response already within normal ranges • Overall wellness and vitality
• Relaxation and a sense of calm • Traditional herbal support for whole-body balance

Extract 1:2 25% alcohol 1 dropper (30–40 drops)
  

Throat Gargle Tincture — Yarrow Extract *Achillea millefolium*

Yarrow is one of the most storied herbs in European and folk herbalism — named for the legendary Achilles who is said to have carried it into battle. Our Throat Gargle tincture is a single-herb organic extract of fresh yarrow flowers, traditionally used as a throat and mouth gargle.

TRADITIONALLY SUPPORTS Everyday throat and mouth care A traditional herbal gargle ritual Seasonal wellness routines
The body's natural resilience

Extract 1:2 40% alcohol
INGREDIENTS  Organic yarrow flowers,  certified organic cane alcohol

Bladder Assist Tincture — Cornsilk Extract *Zea mays (stigma)*

Cornsilk — the silky threads of the corn plant — is a gentle, beloved herb across traditional herbal practices from North America to Traditional Chinese Medicine. Our Bladder Assist is a single-herb organic tincture capturing this soft-acting botanical.

TRADITIONALLY SUPPORTS Healthy urinary function The body's natural fluid balance Everyday bladder wellness
Gentle daily support

Extract 1:2 25% alcohol 1 dropper (30 drops)
INGREDIENTS  Organic cornsilk,  certified organic cane alcohol

Joint Wellness Tincture — Chickweed Extract *Stellaria media*

Chickweed is one of the most underrated herbs in traditional Western herbalism — a humble, abundant plant with a long history of folk use for everyday wellness. Our Joint Wellness tincture is a single-herb, fresh-herb organic extract.

TRADITIONALLY SUPPORTS Comfortable movement and ease Everyday joint wellness

The body's natural cleansing pathways A grounded, flowing daily rhythm

Extract 1:2 25% alcohol 1 dropper (30 drops)
INGREDIENTS Organic chickweed, certified organic cane alcohol

Head Ease Tincture — Meadowsweet & St. John's Wort

A traditional two-herb blend with meadowsweet & St. John's wort

TRADITIONALLY SUPPORTS Everyday comfort and ease A balanced, positive daily rhythm Nervous system wellness

The body's response to busy days

Extract 1:2 25% alcohol
Add 20–40 drops to water or a drink of choice, 2–3 times daily as needed. Shake well before use.
INGREDIENTS Organic meadowsweet, St. John's wort, certified organic cane alcohol

Care For Your Heart Tincture — Hawthorn Berry Extract *Crataegus spp.*

Hawthorn berry is arguably the most revered heart herb in traditional Western herbalism. For centuries, European herbalists have reached for hawthorn as a daily ally for cardiovascular wellness.

TRADITIONALLY SUPPORTS Everyday cardiovascular wellness Healthy circulation A calm, steady heart

Emotional heart-centered balance

Extract 1:2 25% alcohol 1 dropper (30 drops)
INGREDIENTS Organic hawthorn berries, certified organic cane alcohol

Uric Clear Tincture — Cleavers & Hawthorn Berry

Uric Clear pairs two cleansing-tradition herbs from European herbalism. Cleavers has been valued for centuries as a gentle ally for the body's drainage pathways, while hawthorn berry supports healthy circulation — together forming a thoughtful daily-use blend.

TRADITIONALLY SUPPORTS The body's natural cleansing pathways Healthy fluid balance Everyday circulatory wellness

The body's natural metabolic flow

Extract 1:2 25% alcohol 1 dropper (30 drops)
INGREDIENTS Organic cleavers, hawthorn berry, certified organic cane alcohol

Ache Away Tincture — Skullcap & California Poppy

A traditional two-herb blend with skullcap & California poppy

TRADITIONALLY SUPPORTS Everyday comfort and ease A calm, settled state The body's natural relaxation response
Restful wind-down moments

Extract 1:2 30% alcohol 1 dropper (30 drops)
INGREDIENTS  Organic skullcap,  California poppy, certified organic cane alcohol

Reproductive Tincture — Vitex (Chaste Berry) Extract *Vitex agnus-castus*

Vitex — known as chaste berry or chaste tree — is one of the most respected women's herbs in traditional European herbalism. Our Reproductive Tincture is a single-herb, fresh-berry organic extract crafted for women seeking gentle daily support.

TRADITIONALLY SUPPORTS A balanced monthly rhythm Women's wellness through the cycle Everyday hormonal balance
Emotional steadiness through monthly changes

Extract 1:2 45% alcohol
Add 20–30 drops to water or a drink of choice in the morning. Vitex is traditionally used consistently over several cycles for full effect.
INGREDIENTS  Organic vitex berries, certified organic cane alcohol

Cramp Ease Tincture — Motherwort, Chamomile & Calendula

A gentle three-herb blend with motherwort, chamomile & calendula

TRADITIONALLY SUPPORTS Everyday monthly comfort A calm, settled state during monthly transitions
Women's wellness through the cycle The body's natural rhythms

Extract 1:2 25% alcohol 1 dropper (30 drops)
INGREDIENTS  Organic motherwort,  chamomile,  calendula, certified organic cane alcohol

Urinary Tract Tincture — Uva Ursi, Dandelion & Echinacea

A traditional three-herb blend with uva ursi, dandelion & echinacea

TRADITIONALLY SUPPORTS Healthy urinary function The body's natural cleansing pathways Healthy fluid balance
Everyday urinary wellness

Extract 1:2 30% alcohol 1 dropper (30 drops)
INGREDIENTS  Organic uva ursi,  dandelion,  echinacea, certified organic cane alcohol

Hyper Graves Tincture — Bugleweed, Lemon Balm & Motherwort

A traditional three-herb blend with bugleweed, lemon balm & motherwort

TRADITIONALLY SUPPORTS A calm, steady metabolic rhythm The body's natural cooling response

Settled nerves and emotional balance Everyday wellness through busy or overstimulating times

Extract 1:2 25% alcohol 1 dropper (30 drops)

INGREDIENTS  Organic bugleweed, lemon balm, motherwort, certified organic cane alcohol

Muscle Ease — St John's Wort Tincture *Hypericum perforatum*

St John's wort has a long history across European and folk herbal traditions, valued for its bright golden flowers and its role as a classic nervine herb. Our Muscle Ease tincture features fresh organically grown flowering tops.

TRADITIONALLY SUPPORTS Everyday muscle comfort and ease A balanced, positive mood

The body's response to seasonal shifts in light Nervous system wellness

Extract 1:2 25% alcohol Add 20–40 drops to water or a drink of choice, 2–3 times daily. Shake well before use.

INGREDIENTS  Organic St John's wort, certified organic cane alcohol

Bundles

Curated pairings at a saving. · 4 blends

Gut Health & Colon Care Tea Bundle

A complete digestive duo that pairs a soothing, coating daily gut tea with a gentle evening colon-care tea. Two traditional formulas, one thoughtful bundle.

 Both teas are caffeine-free

 Contains senna leaf and licorice root. Colon Care is not intended for daily long-term use.

Gut Health & Dream Easy Tea Bundle

A calming evening duo that pairs a soothing, coating digestive tea with our signature bedtime blend. Perfect for anyone looking to wind down gut and mind in one ritual.

 Both teas are caffeine-free  30–60 minutes

 Contains licorice root and valerian.

Dream Easy & Organ Refresh Tea Bundle

A thoughtful duo that pairs an evening wind-down with a gentle daily refresh. Perfect as a reset ritual, a gift, or a starter pair for anyone new to herbal tea.

 Both teas are caffeine-free  30–60 minutes

Love Thy Lungs & Gut Health Tea Bundle

A versatile duo that pairs our respiratory-support blend with our soothing, coating gut tea. Two traditional formulas for everyday lung and digestive wellness, in one thoughtful bundle.

 Both teas are caffeine-free

 Both teas contain licorice root. Not recommended for long-term daily use or if you have high blood pressure.

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Teas & Tinctures

Product Catalog • Est. 2026

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