Hibiscus Rose Tea - Tart & Floral Blend

DESCRIPTION

Tart, Floral and Good for the Heart

Our Hibiscus Tea is a ruby-red blend of hibiscus and rose — tart like cranberry, floral like a summer garden, with a little black tea underneath for body and a soft lift.

What's in the blend:

- **Hibiscus** — studied for healthy blood pressure.
- **Rose hips** — one of nature's richest sources of vitamin C.
- **Rose petals & lavender** — calming, heart-opening florals.
- **Lemon & orange peel** — bright citrus and digestive warmth.
- **Black tea** — body, depth and a gentle lift.

Why it works: it pairs the best-studied heart flower, hibiscus, with vitamin-C-rich rose hips and the calming, uplifting scent of rose and lavender.

The Eastern view: In Chinese medicine rose (*Méi Gu? Hu?*, ???) moves Liver Qi and lifts a heavy heart, while hibiscus clears Heat — a blend for the heart in both senses.

How to brew: 1–2 teaspoons per cup of just-boiled water, 5 minutes. Delicious iced with honey and a slice of orange.

Ingredients: Hibiscus Flower, Rose Hips, Lemon and Orange Peel, Rose Petals, Black Tea, Lavender.

Size: 0.5 oz loose-leaf blend in a resealable black pouch with a window — about 10–15 cups.

Blended and packed to order by a small team of skilled herbal professionals.

Disclaimer

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

We recommend working with a qualified integrative healthcare professional, especially if you are pregnant, nursing, have a medical condition, or take any medications.

Important Safety Information:

- Contains caffeine (black tea).
- Hibiscus may lower blood pressure and blood sugar — take care with medication for either.
- Avoid during pregnancy (hibiscus).
- Keep out of reach of children. Store sealed in a cool, dry, dark place.
