

A Cup of Winter PositiviTea



I am enough.

Rooibos: Caffeine-free,
rich in antioxidants,
promotes relaxation



I am strong.

Lemon Balm: Uplifting
scent, reduces anxiety,
improves mood



I am successful.

Peppermint: Refreshing
flavor, eases tension,
aids digestion



I am balanced.

Lavender: Calming
aroma, alleviates stress,
enhances relaxation



I am healthy.

Echinacea: Herbal infusion,
supports immune function,
reduces cold symptoms



I am nourished.

Rosehip: Fruity flavor,
high in vitamin C,
boosts immunity



I am kind.

Cinnamon: Warm spice,
enhances mood,
supports digestion



I am calm.

Chamomile: Soothes
nerves, promotes sleep,
and reduces anxiety



I am worthy.

Nettle: Nutrient-rich,
supports overall health,
promotes relaxation