

Black Tea



lower cholesterol
increase energy
healthy skin

Happy Bunny Tea

Boost your mood & energy
Balance your hormones
Relieve menstrual pain.



3 pt black tea
3 pt lemon peel
2 pt st John wort
1 pt lemongrass
1 pt comfrey
1 pt hibiscus
1/2 pt ginger

St John Wort



improve mood
relieve anxiety

Lemongrass



aids digestion
antioxidant
helps constipation
weight management

Comfrey



aids digestions
relieves dysmenorrhea
helps respiration

Ginger



antioxidant
balances blood sugar
helps constipation
relieves dysmenorrhea
aids digestions
boosts energy
relieves headaches
settles nausea

Hibiscus



antiviral
balances blood sugar
lowers cholesterol

Lemon Peel



antibacterial
aids digestions
settles nausea
relieves sore throats



Fiddlesticks Education

Digital Download

Printing Tips

To create a tactile finished item I highly recommend printing onto high quality paper, I like to use watercolour paper as the texture is beautiful to handle. For more ideas on ways to use this set, take a look at our instagram account @fiddlesticks.education

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