

CARMIÉN™

Rooibos tea



CARMIÉN RELAX



Carmién Relax is a naturally calming, soothing blend of rooibos and camomile.

- Hibiscus and rosehip add to its calming effect
- Camomile is known to help relieve common nervous system ailments such as insomnia, anxiety and panic attacks
- The perfect bedtime drink

Ingredients: *Rooibos and camomile herb blend (camomile, rosehip shells, hibiscus flowers).*

HOT BREW TEA

Use 1 teabag for every 250ml **boiling water** using a cup, or teapot. Steep 5-10 min or to taste. Enjoy with or without milk, sugar/honey or slice of lemon. Best enjoyed at 60° C.

Important notice: Take care while working with boiling water.



HOT BREW ICE TEA

Use 1 teabag for every 250ml **boiling water** using a jug. Steep 10 min or more. For a stronger infusion steep overnight and/or add extra teabags. Remove teabags and chill. Serve with ice. (Optional: add fruit juice, mint and/or lemon to taste).



UNIT SIZE

20 tagless pillow teabags
46 g/1.62oz

SHIPPER/OUTER SIZE

6 x 20's/46 g units