

In keeping true to our passion,
we chose not to use tea bags.

Our blends will never contain
microplastics, nanoplastics or dust.
Consumption of plastic material is
not only harmful to our health
but also the environment.

Choosing a loose leaf blend and a
reusable strainer is one of the
most healthiest, most sustainable ways
to consume your tisane.



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simplicity
the greatest luxury

Tisanes can be a *soothing & deeply remedial* element of your *daily rituals*; whether freshly brewed, slow infused overnight or let to steep under the light of the sun.

We suggest you steep the herbs instead of boiling them with water unless you desire a very potent potion.

In general the ratio for herbal tea is
1 Tablespoon of dried herbs
to 1 cup of freshly boiled water.

1. Use freshly boiled water to add to the herbs. It makes sure you get the most potent infusion.
2. Stir the herbs to make sure they are completely saturated.
3. Cover the brew for a few minutes to keep the volatile oils inside which have the beneficial properties.

Our blends are *mindfully curated* with only 100% pure botanicals, no artificial sweeteners, no additives, no preservatives - *just plants*.

How to store the tisanes:

There are no artificial starches added to the blend to absorb moisture. To keep them fresh we advise keeping them in an air-tight container in a cool dry space.

Always leave your dessicant in, (the little white pillow in the bag) to help absorb the moisture.

It's important to use a clean dry spoon each time you dose your herbs to ensure no additional moisture finds it's way into the container.