



# Organic India tulsi tea ritual

Make the most of your self-care moment with a warm brewed cup of herbal tea.

Tulsi is known as Holy Basil and has been used for thousands of years in India for healthy stress-response, natural detoxification, increased stamina, endurance and energy. As an adaptogen, it helps the body adapt to environmental, physical and emotional stress. This tea will not only keep you warm and hydrated but is so great for your digestion and for keeping you regular. It is light, warm and promotes balance – an essential for winter.

**Tulsi Original | Stress Relieving & Energising**  
Potent restorative powers, blended to create this delicious, calming, yet energising infusion.

**Tulsi Masala Chai | Stress Relieving & Rejuvenating**  
The perfect exotic chai that stimulates your senses and soothes your soul.

**Tulsi Green | Stress Relieving & Empowering**  
A harmonious herbal blend that provides a natural energy boost with a double dose of antioxidants.

## Benefits of Tulsi tea:



Stress relief



Immune system support



Improves digestion



Boost of antioxidants



Powerful adaptogen



Transformative energy

**Tulsi Sleep | Promotes Calm, Restful Sleep**  
Soothe stress and relax with Tulsi Sleep, a delicious herbal infusion made for bedtime.

**Tulsi Tummy | Soothing Digestive Support**  
Delicious and soothing to the stomach with calming digestive herbs that provide a herbal infusion for digestive support.

**Tulsi Cleanse | Daily Liver & Kidney Support**  
This blend supports healthy detoxification to optimise liver and kidney function.

**Tulsi Sweet Rose | Stress-Relieving & Magical**  
You will feel genuine restoration from your first sip!

**Tulsi Wellness | Vitalising Stress relief**  
Delicious, purifying and nourishing, your body will revel in joy.

**Tulsi Turmeric Ginger | Stress Relieving & Harmonising**  
Offers a boost to the body's natural immune and inflammation response systems while stimulating natural detoxification.

Our range of tulsi tea is now available online  
<https://bit.ly/PHSspashop>



[peninsulahotsprings.com](https://peninsulahotsprings.com)



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