

TEA BLENDING GUIDE

A stylized illustration of tea leaves and flowers in shades of green and pink, positioned in the upper right corner of the page.

Transforming Herbs into Sacred
Sips for Mind, Body & Spirit

A soulful journey through wellness and
intentional tea blending.



ZENZEE WELLNESS LOUNGE

Welcome

Welcome to the world of tea blending—a space where wellness, creativity, and intention meet in every cup. This guide is designed to help you explore the healing power of herbs and the art of crafting blends that nourish the mind, body, and spirit.

Each leaf, root, flower, and spice carries its own wisdom. When combined, they create more than a beverage—they become a ritual, a moment of calm, and a pathway to balance.

Whether you are here to design teas for relaxation, energy, healing, or simply the joy of sipping something uniquely yours, may this guide inspire you to blend with intention and brew with love.

So, open your heart, trust your intuition, and let your journey into the alchemy of tea begin.



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[1] BENEFITS OF CREATING YOUR OWN TEA BLEND



Blending your own teas is more than just combining herbs—it's a practice of creativity, mindfulness, and holistic wellness. Here are the key benefits:

1. Personalization

You get to design blends tailored to your unique needs—whether for sleep, energy, digestion, immunity, or mood.

Every blend becomes your signature creation, infused with your personal touch.

2. Wellness & Healing

Herbs offer powerful natural remedies for mind, body, and spirit.

Creating blends helps you harness their healing properties in a way that supports your health goals.

3. Mindful Ritual

The process of measuring, mixing, and steeping becomes a calming ritual.

Encourages slowing down, grounding, and reconnecting with intention.

4. Creative Expression

Tea blending is like painting with herbs—you can experiment with colors, flavors, and aromas.

Each blend tells a story and reflects your mood, intuition, or desired outcome.

5. Cost-Effective & Sustainable

Making your own blends can be more affordable than buying pre-packaged teas.

Allows you to source herbs mindfully and reduce waste with reusable jars and tins.

6. Connection to Nature

Working with roots, flowers, leaves, and spices deepens your relationship with the earth.

Promotes gratitude for natural resources and their healing energy.

7. Sharing & Community

Handmade blends make thoughtful, personalized gifts.

Blending sessions can be a beautiful way to connect with friends, family, or a wellness community.

[2] TEA BLENDING FORMULA

Base

(30-50%) 2-4 tablespoons
provides body and structure

Supporting Herbs

(30-40%) 2-3 tablespoons
targets the desired benefit

Accent herbs or Spices

(10-20%) 1-2 tablespoons
adds flavor and aroma

Floral/Garnish (optional)

0.5-2 teaspoons
for beauty and energy shifting



[3] SLEEP + CALM BLEND

Promotes relaxation, reduces anxiety,
supports restful sleep



Base: Chamomile or Lemon
Balm

Supporting: Lavender,
Skullcap, Passionflower

Accent: Peppermint or
Spearmint

Floral: Rose Petals

[4] ENERGY + FOCUS BLEND

Improves mental clarity, boosts energy and sharpens focus



Base: Green Tea or Yerba Mate

Supporting: Ginkgo Biloba, Gotu Kola, Rosemary

Accent: Lemongrass, Ginger

Floral: Jasmine

[5] IMMUNITY + WELLNESS BLEND

Strengthens the immune system and protects
against colds and flu



Base: Rooibos or Tulsi (Holy Basil)

Supporting: Elderberry,
Echinacea, Ginger, Licorice
Root

Accent: Orange Peel,
Cinnamon

Floral: Calendula

[6] HORMONE BALANCE

Especially for women

Supports menstrual cycles, hormone balance and mood



Base: Red Raspberry Leaf

Supporting: Red Clover,
Mettle, Vitax (Chasteberry),
Ashwagandha

Accent: Spearmint, Fennel

Floral: Rose Petals

[7] DETOX + DIGESTION BLEND

Cleanses the liver, soothes the digestive system, and reduces bloating



Base: Dandelion Root or
Burdock Root

Supporting: Ginger, Fennel,
Licorice, Lemon Balm

Accent: Lemongrass, Orange
Peel

Floral: Hibiscus or Blue
Cornflower

[8] HEART + CIRCULATION BLEND

Supports heart health, lowers blood pressure,
improves circulation



Base: Hawthorn Leaf &
Flower

Supporting: Cinnamon,
Ginger, Turmeric (add black
pepper)

Accent: Clove, Cardamon

Floral: Hibiscus

[9] ANTI-STRESS + MOOD UPLIFTING BLEND

Balances moods, reduces stress hormones,
promotes emotional clarity



Base: Tulsi (Holy Basil)

Supporting: Lemon Balm,
Ashwagandha, Rhodiola

Accent: Citrus Peel, Mint

Floral: Lavender

[10] BONUS: FUN ADD-INS FOR VISUAL AND ENERGY APPEAL



- **Butterfly Pea Flower:** For color-shifting blue/purple tea (Usually comes blue, lemon juice changes it to purple)
- **Citrus Peel:** Adds brightness and vitamin C
- **Rose Petals:** Heart-opening, romantic energy
- **Blue Cornflower:** For beauty and light detox

[11] BLENDING TIPS

- **Steep Time:** 5-10 minutes for herbal; 2-3 minutes for caffeinated blends. (Roots usually take longer)
- **Proportions:** Start small--- 1tsp base + ½ tsp each additional herb per cup
- **Storage:** Store in airtight, dark jars to maintain potency. Constant exposure to sunlight decreases potency. Best if stored in glass or stainless steel
- **Labeling:** Note benefits, steep time, and ingredients for each blend.



ZENZEE WELLNESS TEA BLEND & RECIPE CARD



ZENZEE
WELLNESS
TEA
BLEND

Recipe

INGREDIENTS:

- 3 tablespoons of Earl Grey tea leaves
- 2 tablespoons of lavender
- 2 tablespoons of lemon balm
- 1 tablespoon of butterfly pea flower
- Honey or Sugar (to taste)
- Ice cubes



INSTRUCTIONS:

- A recipe for making the wellness tea involves steeping the tea in water for 5-7 minutes, adding honey or sugar to taste, and serving over ice or leave warm

BENEFITS:

- Balance Mood, supports digestion, relieves anxiety, detoxifies the body, calms nervous system, improves sleep quality, boost immune system



Recipe

INGREDIENTS:



INSTRUCTIONS:

BENEFITS:

Thank You!

Thank you for joining me on this journey into the art of tea blending. Each herb you choose, every blend you create, and every sip you enjoy is a reflection of your intention to nurture your mind, body, and spirit.

My hope is that this guide inspires you to explore with curiosity, blend with creativity, and sip with mindfulness. Remember, tea is more than a drink—it is a ritual, a moment of pause, and a pathway to healing.

As you continue your blending journey, may your cups overflow with wellness, peace, and joy. And may each creation remind you of the beauty of slowing down and connecting with yourself and the natural world.

With gratitude and warmth,

Azaria Graham
Zenzee Wellness Lounge





Zenzee Wellness Lounge

Contact Us

(404) 593-0150

info@Zenzeewell.com

Check out our Website

www.ZenzeeWell.com

Follow us on Social Media

@ZenzeeWell

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