

# Laughing Lymphs Tea

*A refreshing botanical blend traditionally inspired by lymphatic wellness.*

**Official Botanical Name:** *Lymphatic Herbal Blend*

**Brief Description:** A cleansing-inspired herbal tea blend traditionally crafted with herbs associated with lymphatic movement and skin wellness.

## **Benefits**

- Traditionally used in lymphatic wellness routines
- Supports skin-focused herbal routines
- Refreshing botanical blend
- Supports gentle cleansing practices

## **Ways to Use**

- Daily herbal tea
- Spring wellness routines
- Skin-support blends
- Hot or iced tea

## **Instructions**

- Steep 1-2 tsp for 10-15 minutes.
- Drink plenty of water.
- Best enjoyed consistently as part of a balanced routine.

**Suggested Adult Use:** 1 cup daily as desired.

**Medication Warnings & Safety Notes:** Use caution with kidney disease, diuretics, pregnancy, breastfeeding, or medications affecting hydration.

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Educational use only. These statements have not been evaluated by Health Canada or the FDA. This product is not intended to diagnose, treat, cure, or prevent disease. Consult a qualified healthcare professional before using herbal products if pregnant, nursing, taking medication, or managing a medical condition.