



How to use your Natropathix® herbal tea therapeutically

Natropathix® herbal teas are versatile therapeutic preparations designed to support your body gently and effectively. Once brewed, your tea can be used internally, externally, and as part of your daily self-care routine. The applications vary depending on the herbs selected and your body's needs.



Daily Herbal Tea

Sip warm or cool for gentle, consistent support. Aids digestion, hydration, elimination, mood and overall balance.



Stronger Support

Prepare a stronger brew when extra support is needed during stress, seasonal changes or flare-ups.



Cooling Iced Tea

Enjoy chilled as an iced drink, especially when feeling inflamed, overheated, sluggish, or if warm drinks are not preferred.



Synergistic Blends

Teas work harmoniously alongside other Natropathix® products like tinctures, capsules and powders to enhance therapeutic benefits.



Using your tea on the body

Your Natropathix® herbal tea offers diverse external applications to soothe, refresh, and comfort. Tailor its use to your body's specific needs for targeted relief and enhanced well-being.



Compress

Soak a clean cloth in warm or cooled tea and apply to tired muscles, joints or tense areas for soothing relief.



Bath or Foot Soak

Add tea to a warm bath or foot bowl for whole-body relaxation, nervous system support and unwinding.

Facial Mist/Toner

Decant cooled tea into a clean spray bottle for a natural facial mist to refresh and calm the skin throughout the day.



Skin Wash/Rinse

Cooled tea can gently cleanse and calm irritated, blemish-prone, or sensitive skin, promoting a healthy complexion.



Sitz Bath

Specific teas support pelvic comfort and intimate areas when added to a shallow warm soak for targeted relief.



Inhalation and Mouth Care



Steam Inhalation

Pour freshly brewed tea into a bowl, allow it to cool slightly, and gently inhale the steam. This supports airways, sinuses and calms the mind.



Gargle or Mouth Rinse

Once cooled, tea can be used as a gentle gargle or mouth rinse to support throat and oral comfort and hygiene.

Creative and supportive uses



Herbal Ice Cubes

Freeze your tea for refreshing drinks, cooling compresses or soothing relief during flare-ups.



Added to Smoothies & Juices

Blend cooled tea into your favourite smoothies or juices. Works well for taste-sensitive adults and children.



Part of a Daily Ritual

Make tea a calming daily pause. Pop it into a flask for consistent herbal support, in rhythm with your body and healthy lifestyle.

The Gentle Power of Herbs

Herbal teas are designed to be **supportive rather than forceful**. Their strength lies in regular use, promoting tissue hydration, and allowing the body time to respond. Subtle shifts in digestion, sleep, skin, mood or energy are often the first signs a tea is doing its work.



- ❏ If you are unsure which Natropathix® tea is right for you, or how best to use it, professional guidance can help you personalise your approach. You are welcome to contact us.