

Welcome to Your Infusion Reset Pack

A ritual of warmth, rhythm & inner support

Most people try to reset their body with control: food, steps, macros, willpower.

But transformation isn't just logical, it's also sensory.

This pack is your invitation to bring the body back to balance with something simple, warm, and powerful:

Herbal infusions.

No detox gimmicks. No rules. Just plants with purpose,
to calm, activate, and reset your system from the inside out.

Over the next few days, you'll discover 7 signature blends,
Each designed to target a specific moment, need, or sensation:

✨ A heavy stomach after a meal?

🔥 A restless evening with too much mental noise?

👉 A nervous system that's stuck in alert mode?

There's a blend for that.

And beyond the ingredients, you'll find a tiny ritual with each one:
a breath to take, a posture to try, a moment to reclaim.

Because this isn't just tea.

It's a signal, to your nervous system, to your digestion, to your rhythm.

How to Use This Pack:

- Start with 1 infusion → ideally after a meal or in your wind-down window
- Read the intention behind it — then prepare it mindfully
- Follow the optional mini-ritual if you like — posture, breath, presence
- Most of all → notice how you feel (warmth, lightness, calm, clarity...)

Infusion 1: Stomach Soother

Goal

To relieve bloating, ease heaviness after meals, and support smooth, gentle digestion, without discomfort or cramps.

Perfect to sip after lunch or dinner, or anytime you feel puffy, tight, or overfull.

Complete Recipe

Ingredients (for 1 mug / cup):

- 1 tsp fennel seeds, lightly crushed
- 1 tsp peppermint leaves, dried (or a few fresh ones)
- 1 tsp lemon balm (melissa), dried

Instructions:

1. Add the herbs to a teapot or infuser.
2. Pour in 250 ml of hot water (not boiling, around 90°C / 195°F).
3. Cover while steeping (this preserves essential oils).
4. Let steep for 8–10 minutes.
5. Strain and sip slowly, ideally in a quiet space.

Expected Results

- Noticeable reduction in bloating or tightness
- Less gas or digestive tension
- A smoother digestive rhythm
- A light calming effect on the nervous system (thanks to lemon balm)

Tips (optional)

- Drink this seated and screen-free → it activates your parasympathetic system
- Great to use first thing in the morning if you wake up with a heavy or slow digestion
- If you don't have all three herbs, start with fennel + peppermint, that combo already works wonders

Infusion 2: Calm Core

Goal

To calm digestive nerves, reduce internal tension, and support your gut-brain axis, especially helpful during times of emotional or mental stress.

Ideal for the late afternoon or early evening, when your system needs to slow down and shift from stimulation to rest.

Complete Recipe

Ingredients (for 1 mug / cup):

- 1 tsp chamomile (dried flowers)
- 1 tsp lemon verbena (or substitute with lemon balm)
- ½ tsp lavender flowers (optional, but powerful in small amounts)

Instructions:

1. Add herbs to a teapot or infuser.
2. Pour in 250 ml of hot water (about 90°C / 195°F).
3. Cover and let steep for 6–8 minutes.
4. Strain, sit down, and sip mindfully, ideally in silence or with soft background sounds.

Expected Results

- A noticeable softening of the gut wall tension
- Less cramping or tightness in the belly
- A calmer, more grounded nervous system
- Prepares your body and mind for rest, digestion, and recovery

Tips (optional)

- Combine this tea with slow breathing: inhale 4s, exhale 6s, for 2–3 minutes while drinking
- You can sip this before dinner or as your post-meal “closing ritual”
- If you're emotionally reactive or anxious, try drinking this daily for 5–7 days straight

Infusion 3: Night Reset

Goal

To gently wind down your digestive system and nervous system before sleep. This infusion supports overnight regeneration, reduces inflammation, and signals your body that it's safe to rest.

Best enjoyed 30–60 minutes before bed, as a calming nightly ritual to promote both digestion and deep sleep.

Complete Recipe

Ingredients (for 1 mug / cup):

- 1 tsp rooibos (naturally caffeine-free, rich in antioxidants)
- 1 tsp licorice root (for gut lining support, optional if sensitive to blood pressure)
- 1 tsp linden flowers or passionflower (for calming the nervous system)

Instructions:

1. Place herbs in a teapot or infuser.
2. Pour in 250 ml of hot water (~90°C / 195°F).
3. Cover and steep for 8–10 minutes.
4. Strain and sip slowly, ideally in dim light or candlelight.

Expected Results

- A relaxed, soothed belly, especially helpful after heavy or late dinners
- Reduced mental and digestive agitation
- Easier transition into sleep, fewer night-time wake-ups
- A subtle support for the liver and detox channels overnight

Tips (optional)

- Combine this infusion with a “closing ritual”: lights dimmed, no screens, 3 minutes of stillness or breath
- If you tend to snack late, make this your replacement ritual; warm, sweet-tasting (thanks to rooibos and licorice), and deeply satisfying

Infusion 4: Bloat Release

Goal

To support gas release, reduce abdominal tension, and stimulate gentle digestive flow, especially helpful after heavy meals, rich foods, or slow bowel movements.

Ideal as a mid-afternoon or post-dinner ritual when you feel puffy, stuck, or bloated.

Complete Recipe

Ingredients (for 1 cup / mug):

- 1 tsp ginger root (stimulates motility + reduces nausea)
- 1 tsp coriander seeds (anti-gas, reduces bloating)
- 1 tsp cardamom pods (soothes cramping + warms digestion)

Instructions:

1. Lightly crush the coriander seeds and cardamom pods.
2. Add all ingredients to a pot or infuser.
3. Pour 250 ml hot water over them.
4. Cover and steep for 8–10 minutes.
5. Strain, sip slowly, and breathe deeply between sips.

Expected Results

- Noticeable reduction in bloating within 20–30 minutes
- A warming, “deflating” effect on the belly
- Enhanced digestive motility (gentle push to move things along)
- Reduced abdominal tightness or pressure

Tips (optional)

- Use after a heavy meal or when you feel that “tight jeans” sensation
- Combine with gentle abdominal massage or lying on your left side for 10 minutes
- If bloating is chronic, try drinking this daily for 3–5 days and monitor response

Infusion 5: Liver Flow

Goal

To gently stimulate liver detoxification, support bile flow, and help your system clear out internal “clutter”, without extreme fasting or cleanses.

Best taken in the morning on an empty stomach, or between meals when digestion feels sluggish or foggy.

Complete Recipe

Ingredients (for 1 cup / mug):

- 1 tsp dandelion root (supports liver and bile production)
- 1 tsp milk thistle seeds (protects and regenerates liver cells)
- 1 tsp lemon peel (boosts digestion, light bitterness for liver flow)

Instructions:

1. Crush the milk thistle seeds lightly to release their oils.
2. Add all ingredients to a pot or infuser.
3. Pour 250 ml hot water (just under boiling) over the herbs.
4. Cover and let steep for 10–12 minutes.
5. Strain and drink slowly, ideally while sitting still or journaling.

Expected Results

- Improved sense of clarity and lightness
- Less “stickiness” or fatigue after meals
- Gradual decongestion of the liver and lymphatic system
- Subtle appetite regulation, fewer sugar cravings

Tips (optional)

- Start with 1 cup/day for 3–5 days, then pause and observe how you feel
- If the bitterness is too strong, add a slice of fresh ginger or a few mint leaves
- Pair this with a glass of warm lemon water first thing in the morning for added cleansing benefits

Infusion 6: Nervous System Downshift

Goal

To calm your nervous system in the evening, reduce internal tension, and create the perfect internal terrain for deep, restorative sleep.

Best taken 30–60 minutes before bed, away from screens and stimulation. Pair with stillness or light journaling.

Complete Recipe

Ingredients (for 1 mug / cup):

- 1 tsp passionflower (soothes the mind, supports sleep quality)
- 1 tsp chamomile (reduces inflammation and calms the stomach)
- 1 tsp lavender buds (relaxes the body, promotes emotional release)

Instructions:

1. Add all herbs to your teapot or infuser.
2. Pour 250 ml of hot (not boiling) water over the mix.
3. Cover and steep for 8–10 minutes.
4. Inhale the steam for a few breaths before sipping slowly.
5. Drink while seated in a quiet space, ideally dim light, no phone.

Expected Results

- Noticeable nervous system downshift (less agitation, racing thoughts)
- Smoother digestion before bed
- Enhanced sleep depth and quality
- Emotional release or gentle sense of closure to the day

Tips (optional)

- Make this part of a mini sleep ritual: warm light, a slow stretch, no phone
- Add 1 tsp honey if desired, not for sugar, but to enhance grounding
- Use the moment to set a night intention:
- “My system is safe. I allow it to rest, fully and deeply.”

Infusion 7: Morning Clarity Tonic

Goal

To gently stimulate morning energy, wake up the digestion, and clear mental fog, without caffeine.

Best taken in the morning, ideally before or with breakfast. Designed for those who feel sluggish, unfocused, or heavy after waking.

Complete Recipe

Ingredients (for 1 cup / mug):

- 1 tsp rosemary (improves circulation and mental clarity)
- 1 tsp lemon balm (boosts alertness, soothes morning stress)
- ½ tsp dried ginger or 2 slices fresh (stimulates digestion & warmth)

Instructions:

1. Combine the herbs in a teapot or infuser.
2. Pour 250 ml hot water over the blend.
3. Cover and let steep for 8–10 minutes.
4. Inhale deeply before drinking. Sip slowly and upright.
5. Drink before screens or noise, to let the body wake up naturally.

Expected Results

- Light boost in mental clarity and motivation
- Stimulated but calm digestion
- Better appetite regulation throughout the day
- Reduced dependence on caffeine or sugar for energy

Tips (optional)

- Drink this while standing in natural light if possible, it boosts the wake-up effect.
- Add a slice of lemon peel for extra clarity and a touch of brightness.
- Use it to replace your second coffee (or reduce caffeine crash).