LUTEAL-PHASE HERBAL TEA

Rest Calm & Sleep Tea

An herbal blend for an evening tea ritual during the luteal phase. Cinnamon, spearmint and ginger contribute to the website's warm, minty-spiced flavor description.



FORMAT	EACH SACHET	PER PACK
Herbal tea	**8 g**	**10 tea bags**

DECLARED INGREDIENTS

Eight botanicals

- Cinnamon
- Raspberry (fruit)
- Spearmint
- Ashwagandha
- Nettle leaf
- Ginger
- Lemongrass
- Radix Asparagi

Names follow the product page. Check the final package for the current ingredient list and preparation instructions.

CUP CHARACTER

Cinnamon, spearmint and a touch of ginger form the published minty-spiced herbal profile.

PREPARATION & PRODUCT DETAILS

Make it part of your routine

AN EVENING TEA RITUAL

1. Choose a time that allows you to slow down before bed.
2. Place one Rest Tea sachet in a cup.
3. Follow the water temperature and steeping directions on the package.
4. Pair the tea with a quiet routine such as reading or gentle stretching.

The published instructions defer to the final label for brewing parameters. This sheet adds no fixed temperature or steeping time.

WHEN TO ENJOY

Rest is positioned for the luteal phase, from after ovulation until menstruation begins. Phase timing varies from person to person.

NOT A SLEEP MEDICINE

Rest Tea is not a substitute for prescribed sleep medication or medical care. Seek advice for severe or persistent sleep or mood symptoms.

IMPORTANT INFORMATION

This product is not intended to diagnose, treat, cure or prevent disease. Consult a healthcare professional before use if you are pregnant, breastfeeding, taking medication or managing a health condition. Follow the final product label.

A product information sheet is not a clinical finding, batch test report or certificate.

PRODUCT INFORMATION & DOCUMENTS

View product page

View quality documents

Contact Laicuherb

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Compiled from this product's published Laicuherb page on 09 October 2026. Refer to the final package and linked page for current information. Website imagery is reproduced without changing its packaging text.