

The image features four glass vials of varying heights and orientations, each containing several spherical tea balls. The vials are arranged on a white, textured surface. The background is a soft, out-of-focus grey. The text is overlaid on the image in a clean, sans-serif font.

TEA THERAPY

SINGAPORE

ELEVATING THE

**WELLNESS
EXPERIENCE**

TEA THERAPY

SINGAPORE

YOUR 60-MINUTE RITUAL

- **10 MINS** - *Botanical Intro & Our Story*
- **5 MINS** - *Live Flora Charm Demonstration*
- **20 MINS** - *Tea Tasting*
- **25 MINS** - *Handcrafting Your Take-Home Blooms*



Take this calming experience home—a mindful reminder to breathe, reset, and let's bloom together

TEA THERAPY

SINGAPORE

ABOUT US

• Our Vision

Our Vision is to cultivate a vibrant community of belief that each cup of Tea Therapy holds the **promise of wellness and wonder.**

• Our Mission

Inspiring holistic wellness through meticulously crafted, caffeine-free herbal, floral and fruit teas, encouraging **mindful consumption** and a purposeful conscious approach.



Tea Therapy Singapore: Caffeine-free infusions

Info: Go to teatherapy.com.sg or call 9844 8405

Online store Tea Therapy Singapore focuses on floral, herbal and freeze-dried fruit infusions, which exclude tea leaves, are free of caffeine and are best consumed unsweetened.

Launched in September 2024 by Ms Sheena Lim, 33, it is dedicated to sharing plant-based remedies, with a focus on the restorative benefits of herbal and floral infusions.

Her interest in these began in 2018 after she suffered a mini stroke triggered by stress, during

basis, she learnt to prepare folk remedies for herself using plants and herbs.

Eventually, her interest in plant-based remedies developed into a business plan to sell floral and herbal infusions online.

She notes that preparing and drinking tea can be a meditative and calming ritual, appealing to those seeking moments of peace in their busy lives.

Start with the nine-piece Flora Sampling Set (S\$8.90), a discovery box of "tea bombs" featuring flowers such as rose, rosehip, jasmine, lily osmanthus, yellow and white chrysanthemum, peony and butterfly pea.

The balls of tea are handcrafted in Yunnan.

For a night-time wind-down, try the herbal Bonnet Nuts (S\$3.90) for a box of 30 sachets, crafted as a sleep-supporting blend. It con-



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Her interest in these began in 2018 after she suffered a mini stroke triggered by stress, during which she was unable to see out of her right eye for 30 minutes, she was subsequently hospitalised for four days.

Not keen to take the prescribed blood thinners on a long-term

basis, she learnt to prepare folk remedies for herself using plants and herbs.

Eventually, her interest in plant-based remedies developed into a business plan to sell floral and herbal infusions online.

"I am not just selling tea for drinking. I want to promote a healthier lifestyle with more thought to incorporating plants into the diet in the form of floral and herbal infusions," she says.

She notes that preparing and drinking tea can be a meditative and calming ritual, appealing to those seeking moments of peace in their busy lives.

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For a night-time wind-down, try the herbal Bonnet Nuts (S\$3.90) for a box of 30 sachets, crafted as a sleep-supporting blend. It contains lemon, Poria cocos, tang-shen root, red date, barley, wolfberry, Hawthorn, hawthorn seed, rose and rosemary – a gentle, caffeine-free option aimed to help one relax before bed.

TEA THERAPY

SINGAPORE

THE DIFFERENCE



THE SOURCE
Camelia Sinensis



Is Jasmine Tea **caffeinated** or
caffeine-**free**?



FLORA TEA
100% Botanical/herbal
Caffeine-free

6 types of “true” tea - white, green, yellow, oolong, black and dark (pu-er)

TEA THERAPY

SINGAPORE

BOTANICALS



Souce of vit K

High in **vit A**, **vit C**, minerals such as **calcium**, **potassium** and **magnesium**.



Rich in antioxidants

Overall wellness, **immune** support and may reduce inflammatory markers



Support **digestion** and **liver health**

Rich in antioxidants and nutrients

TEA THERAPY

SINGAPORE

FLORA



Calming and **relaxation**
enhances focus and wellness
drink



Rich in **antioxidants**
digestive comfort and **mood**
uplift, supports skin vitality,
higher premium fragrance
profile



Support healthy **circulation**,
heart wellness, overall **skin**
health

TEA THERAPY

SINGAPORE

PERFECT MINDFUL STEEP

85–90°C

Golden Temperature

6–8 Mins

The Patient Window



TEA THERAPY

SINGAPORE

FLORA CHARMS DEMONSTRATION



Choose your floras



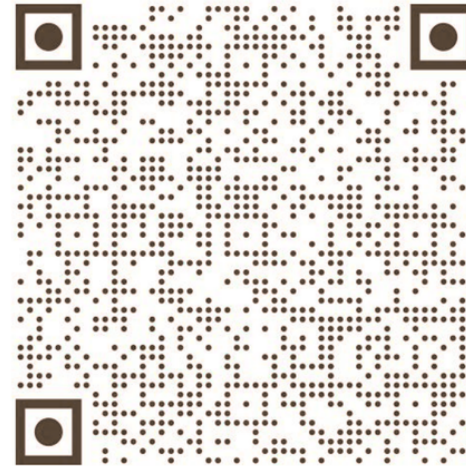
Bind and Shape

40-60°C
1-3 hours

Dry and Set

TEA THERAPY

SINGAPORE



Enjoy a **complimentary mini cup** when you share a
5-star review with us!

