



Purple Haze Elixir

A soothing blend of lemon balm and butterfly pea flower tea, brightened with lemon, basil and elderflower, this calming elixir offers a tranquil, floral escape.

Ingredients:

(This makes enough for one drink)

- 1/2 fresh squeezed lemon juice
- 3 - 4 basil leaves 4.5 oz. (3 jiggers) butterfly pea flower and lemon balm tea
- 1/2 - 1 oz. (pony shot) - elderflower simple syrup (to taste)
- 2 full droppers of Call in the Calm tincture
- 4 - 5 drops of basil oil - in the bottom of the glass
- Top off with mineral water after in the glass - to taste
 - This can dilute the delicate flavors if you add too much

Directions:

1. Squeeze half lemon into a jar
2. Muddle basil and remnants of lemon until fragrant
3. Add ice and Butterfly Pea Flower and Lemon Balm tea, elderflower simple syrup and Call in the Calm tincture into the shaker and shake for 10-15 seconds
4. Add drops of basil oil around the bottom of the glass before adding any liquid
5. Carefully place the decorative ice cube in the glass
6. Pour contents of the shaker into glass and top with mineral
7. Stir gently and enjoy!



Purple Haze Elixir

- **Butterfly Pea Flower:** Known for its vibrant blue color, this flower is rich in anthocyanins, which support brain function, reduce inflammation, and promote glowing skin. It also has calming properties, making it great for relaxation.
- **Basil:** A fragrant herb with anti-inflammatory properties, basil can aid in digestion, reduce oxidative stress, and support mental clarity and focus.
- **Elderflower Honey Simple Syrup:** Elderflower helps boost the immune system and soothe respiratory issues, while honey provides antioxidants and acts as a natural, antimicrobial sweetener.
- **Chamomile:** Renowned for its calming and soothing effects, chamomile helps reduce anxiety, promotes relaxation, and supports better sleep.
- **Passion Flower:** This herb is known for its ability to relieve anxiety and stress by boosting GABA levels in the brain, which promotes relaxation and calm.
- **Lemon Balm:** A calming herb that supports nervous system health, reduces anxiety, and helps improve mood. It's also beneficial for digestive support and sleep quality.
- **Skullcap:** Used for centuries to reduce anxiety and promote restful sleep, skullcap also has antioxidant properties and supports overall nervous system health.
- **Holy Basil (Tulsi):** An adaptogenic herb that helps the body manage stress, improves mental clarity, and supports the immune system. It's also great for reducing inflammation.
- **Milky Oats:** A deeply nourishing herb for the nervous system, milky oats are used to relieve stress, restore vitality, and improve mental clarity, making it great for those feeling burnt out or overwhelmed.



Zen Citrus Fusion

A soothing, brain-boosting blend of lemon, ginger, and orange, with the deep, grounding essence of Reishi and Lion's Mane.

Ingredients:

(This makes enough for one drink)

- Rosemary sprig - (keep intact)
- Ice for shaking (1 scoop)
- 1/4 - 1/2 fresh squeezed lemon juice
- 1/2 fresh squeezed mandarin orange
- 3 oz. (2 jiggers) Holy Basil tea
- 2 full droppers Nootropic Boost Tincture
- 1 oz. ginger simple syrup
- Marigold and ginger sugar (for the rim)
- Top off with mineral water after in the glass - to taste
 - This can dilute the flavors if you add too much

Directions:

1. Lightly muddle the bottom of the rosemary sprigs
 - a. keep the whole sprig intact and muddle a few times to release the flavors
2. Add ice to the shaker
3. Squeeze lemon and mandarin juice and the Holy Basil tea into the jar
4. Add mushroom tincture and simple syrup
5. Shake for 10-15 seconds
6. Rim desired glass with lemon and dip in marigold and ginger sugar
7. Add decorative ice cube and pour contents of shaker into glass
8. Top off with mineral water - to taste - stir gently and enjoy!



Zen Citrus Fusion

- **Mineral Water:** Hydrates the body and provides essential electrolytes and minerals, promoting overall balance and well-being.
- **Lemon Juice:** Rich in vitamin C and antioxidants, lemon juice aids digestion, boosts the immune system, and helps detoxify the body.
- **Honey Ginger Simple Syrup:** Ginger is a natural anti-inflammatory and digestive aid, while honey brings soothing, antimicrobial properties, offering a healthier alternative to traditional sweeteners.
- **Mandarin Orange:** Packed with vitamin C, supporting skin health, immune function, and adding a burst of natural sweetness.
- **Rosemary Sprig:** Known for enhancing circulation and improving cognitive function, rosemary also brings antioxidant and anti-inflammatory benefits.
- **Reishi Mushrooms:** Boost immune function, reduce inflammation, promote relaxation, support heart health, aid liver detoxification, and improve sleep quality.
- **Lion's Mane Mushrooms:** Enhance cognitive function, improve memory and focus, regulate mood, support digestive health, reduce inflammation, and strengthen the immune system. Also contains hepatoprotective(liver) properties.



Cranberry Cucumber Jalapeño Fizz

A refreshing blend of crisp cucumber, sweet and tart cranberry, and a hint of jalapeño heat, topped with sparkling mineral water and fresh lime. Served over ice for a bold, invigorating sip!

Ingredients:

(This makes enough for one drink)

- 3 - 4 slices of cucumber
- 1 - 3 slices of jalapeño (adjust to spice preference)
- Ice for shaking
- 1 oz. (pony shot) [cranberry simple syrup](#)
- 2 oz. [Skullcap Ashwagandha tea](#)
- 2 full droppers [Smooth Adapter Tincture](#)
- 1/4 -1/2 lime freshly squeezed
- fine sugar for the rim
- Decorative ice cube
- Top off with mineral water

Directions:

1. Muddle the cucumber and jalapeño slices in the shaker to release their flavors
2. Add ice to the shaker
3. Add Skullcap Ashwagandha tea, Smooth Adapter Tincture and simple syrup to the shaker
4. Shake for 10-15 seconds
5. Rim the glass with lime and dip in sugar
6. Place decorative ice cube in the glass
7. Strain the mixture into glass
8. Top off with mineral water, stir gently and enjoy!



Cranberry Cucumber Jalapeño Fizz

Cranberry:

Rich in antioxidants like vitamin C and polyphenols, cranberries help reduce oxidative stress, bolster immune function, and support heart health, all crucial for managing stress.

Cucumber:

Hydrating and cooling, cucumbers contain B vitamins that aid adrenal function and stress response. Their antioxidants also help reduce inflammation.

Jalapeño:

Containing capsaicin, jalapeños boost endorphins, improve circulation, and boost metabolism, all of which can enhance mood and alleviate stress.

Ashwagandha:

Helps lower cortisol, reduce stress, and support thyroid function, promoting overall hormonal balance and resilience.

Skullcap:

Traditionally used to ease anxiety and promote restful sleep, skullcap also offers antioxidant benefits and supports the health of the nervous system.

Holy Basil:

A renowned adaptogen, holy basil helps balance cortisol levels and improves mental clarity. It is a powerful herb for reducing anxiety and enhancing resilience.

Milky Oats: Nourishes the nervous system, promoting calm and resilience to long-term stress.

Goji Berries:

Rich in antioxidants, they balance cortisol and enhance mood, supporting emotional well-being under stress.

Turmeric:

Anti-inflammatory and mood-enhancing, it helps regulate stress hormones and promotes emotional balance.

Ginger:

Soothes inflammation, supports cortisol regulation, and calms the gut-brain axis during stress.

Mineral Water:

Packed with magnesium, calcium, and potassium, mineral water helps calm the nervous system, maintains electrolyte balance, and supports digestion.