

TRIPLE TEATOX 30 DAY PROGRAM

CREATING SUCCESS GUIDE



“Consistency & mindfulness is the bridge between goals and accomplishments.”



A Letter From Our Founder

When I think about health, wellness, and beauty holistically, I think about that intersection starting from within.

True beauty & wellness encompasses not only the physical aspect but also the mental realm, and how take intentional moments for ourselves, consistently. Especially if our goal is achieving lasting results in anything we set our mind to.

While it's easy to say success originates from the mind, many overlook this fact, failing to harness the power of their thoughts to shape their reality. By proactively cultivating a healthy mindset and consistent healthy habits, you can set yourself up for success.

Here are a few daily practices to integrate into your routine, aimed at fostering a mindset conducive to achieving your goals. The goal is to make these practices habitual, seamlessly woven into your daily life. Remember, mindset and attitude are paramount in realizing your aspirations.

Where does tea fit into this? Tea isn't just a beverage; it's a powerful tool for beauty, wellness, and mindfulness

Consider our Triple Teatox as your partner for some internal spring cleaning, helping you glow from the inside out.

Let this serve as a gentle reminder and a challenge to incorporate them into your daily routine, empowering you to progress toward your objectives, one mindful sip at a time.

Happy Sipping,

-Sheena Brady
Founder & Tea Sommelier
teasewellness.com

***Instructions:** Follow our daily wellness checklist below. For each successful day, check the box on the back of your Triple Teatox package keep track and acknowledge the fact that you took time, for you today.*

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1	_____	○	○	○	○	○	○
2	_____	○	○	○	○	○	○
3	_____	○	○	○	○	○	○
4	_____	○	○	○	○	○	○
5	_____	○	○	○	○	○	○
6	_____	○	○	○	○	○	○
7	_____	○	○	○	○	○	○
8	_____	○	○	○	○	○	○
9	_____	○	○	○	○	○	○
10	_____	○	○	○	○	○	○
11	_____	○	○	○	○	○	○
12	_____	○	○	○	○	○	○
13	_____	○	○	○	○	○	○
14	_____	○	○	○	○	○	○
15	_____	○	○	○	○	○	○
16	_____	○	○	○	○	○	○
17	_____	○	○	○	○	○	○
18	_____	○	○	○	○	○	○
19	_____	○	○	○	○	○	○
20	_____	○	○	○	○	○	○
21	_____	○	○	○	○	○	○
22	_____	○	○	○	○	○	○
23	_____	○	○	○	○	○	○
24	_____	○	○	○	○	○	○
25	_____	○	○	○	○	○	○
26	_____	○	○	○	○	○	○
27	_____	○	○	○	○	○	○
28	_____	○	○	○	○	○	○
29	_____	○	○	○	○	○	○
30	_____	○	○	○	○	○	○

*enjoy your morning
blend*

*list 3 things you're
grateful for*

*10 minutes of mindful
movement*

eat nourishing foods

*reflect on your goals for
the day*

*enjoy your evening
blend*

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After Your Teatox

You did it! Congratulations!

We suggest taking a 4-6 week break after your first program. However, our blend Focus & Flow is the perfect blend to keep going with that energy, metabolism, and focus support.



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FAQs, Safety & Tips

WHAT IS TRIPLE TEATOX?

Triple Teatox is a 100% natural detox tea program that encourages health and wellness goals. Triple Teatox is designed to help you:

- Boost metabolism
- Cleanse
- Increase energy levels
- Promote healthy digestion

All the ingredients are 100% natural. There are no chemicals or preservatives.

WILL I LOSE WEIGHT?

We designed our teatox specifically to help promote daily, healthy habits to help amplify your health and wellness goals. Stay on track with our teatox and maintain a healthy lifestyle. The primary goal of our teatox is to help inspire positive, healthy beverage decisions to compliment your wellness goals.

HOW DO I MAKE THE TEA?

Simply use 1 heaping tsp per cup (8oz) of hot water. Steep each blend a minimum of 8 minutes before consuming. Bonus: Our daytime blend can also be re-steeped in the afternoon for an extra boost!

You may notice tea particles coming out of the infuser, that is normal and completely harmless. Generally they will sink to bottom of cup, however if you this is not preferred, simply purchase paper tea filters or use a strainer of your personal choice.

HOW DOES TRIPLE TEATOX WORK?

Triple Teatox is a daily, two step program:

Daytime Tea: This is meant to be enjoyed in the morning. It's a stimulant and gives you a steady and constant supply of energy throughout the day. It also increases your metabolism and aids healthy digestion.

Evening Tea: This tea cleanses your bowels. It's a colon cleanse that helps flush toxins from the body.

DOES IT AFFECT MY BIRTH CONTROL?

Triple Teatox may affect the accuracy of the pill. We suggest taking your pill earlier in the day or consult your doctor, nurse or pharmacist with the list of our ingredients.

WHAT IF I'M PREGNANT OR BREASTFEEDING?

Our tea blends have been created for maximum results and can be too strong for babies, be it through breastfeeding or whilst still in the tummy.

However, once you've delivered your bundle of joy and have finished breastfeeding, our Teatox is perfect to help you on your quest to get your pre-baby body.

ARE THERE ANY SIDE EFFECTS?

Should you experience any uncomfortable symptoms, we recommend stopping the detox. If they persist, seek medical help.

Many people have never consumed the herbs found in our blends, it's important to review them in the event you might be allergic.

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FAQs, Safety & Tips

HOW DO I EAT AND EXERCISE DURING THE TEATOX?

Always stay active and eat healthy. Although the tea will suppress your appetite and you may find yourself less hungry, it's important to continue eating your fruits and vegetables. Eating healthy during your teatox will help maximize the effects. We suggest following this handy food guide during your teatox:

DO I HAVE TO FOLLOW YOUR GUIDE FOR RESULTS?

Some customers do not follow our guidelines and noticed a loss of weight and increase in energy. With that said, every one is different and we recommend following our guidelines to get the most out of your teatox!

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FOODS TO GET PLENTY OF:

Fruits
Vegetables
Beans and legumes
Whole grains
Lean protein
Nuts and seeds

FOODS TO AVOID

Processed meats and cheeses
Refined oils like, canola and margarine
Refined carbs, like pastries, baked goods etc.
Refined sugars
Alcohol / beverages that are high in sugar

WHAT ARE THE INGREDIENTS?

Ingredients include: tea leaves, senna leaf, calendula, ginger, lemongrass, and yerba mate.

Our daytime blend contains caffeine, our night time blend is caffeine-free.

HAPPY SIPPING!

More questions? Email our team at
hello@teasewellness.com