

Night Time Tea - Pukka

A unique blend of soothing herbs to help you unwind. Drink it in the evening to prepare you for a deep, restful sleep and a more refreshed awakening. Herbs have been used to support health for thousands of years. Pukka creates unique blends to harness this incredible potential. Oatstraw calms and nourishes the nervous system. Lavender lifts the spirit and eases tension. Chamomile helps settle the mind and calm digestion. We hope you enjoy it and sleep well!