



INFUSÕES®
COM HISTÓRIA



How to make an Infusion?

1



Heat the water in the electric kettle
Make sure you use quality water, avoid water that tastes like chlorine and from coffee machines.

2



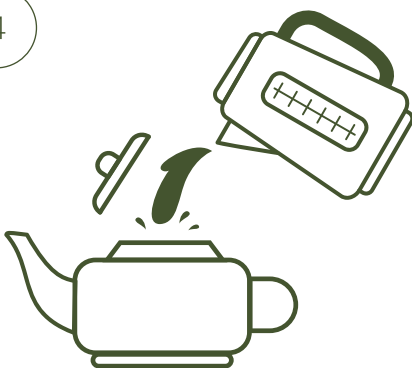
Don't let the water boil
Keep it between 80° and 90°

3



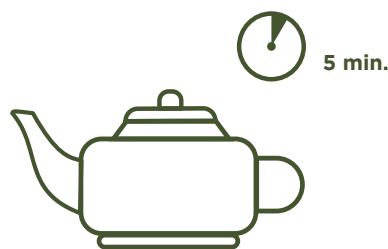
Prepare the teapot using the measuring spoon from Infusões com História, place the herbs into the teapot strainer

4



When the water is at the recommended temperature (check packaging), pour into the teapot.

5



Wait at least 5 minutes.
(check packaging).

6



Serve and feel the genuinely Portuguese aromas and enjoy the flavours of our 100% organic and 100% natural plants.



SCRUBLAND BLEND

(carqueja, spearmint and common self-heal)

Carqueja and Spearmint enhance digestion and helps to relief fluid retention.

Keywords:

Aromatic blend (robust and smooth sensations; earthy, floral, melliferous, minty aromas) · Well-being · Portuguese Rooibos · Countryside Memory.

MOUNTAIN SENSES BLEND

(heather, lemon balm and common self-heal)

Melissa Officinalis enhances digestion by secreting digestive juices.

Keywords:

Volatile scents · Citric and minty flavour · Balsamic · Highlands.



PORTUGUESE ROMANESQUE BLEND

(lemon balm, spearmint and common self-heal)

Melissa Officinalis enhances digestion by secreting digestive juices.

Keywords:

Fresh and sweet · Smooth and relaxing · Exaltation of the senses · Green journeys.





BALSAMIC INFUSION

(rosemary, chamomile, bay and walnut tree)

Chamomile enhances digestion and prevents fluid retention.

Keywords:

Ethereal aromas · Vitality · Spiritual · Melliferous.



BLOSSOM INFUSION

(fennel, elder and St. John's Wort)

Fennel enhances digestion, lowers blood pressure and is used in weight management.

Keywords:

Aniseed aroma · Sweet and fruity · Festive Nature · Summer days.



MYSTIC INFUSION

(pennyroyal, olive tree and grapevine)

Pennyroyal increases digestion and is an anti-oxidant.

Keywords:

Mix of aromatic sensations (mint, citric, sweet, acid) · Resilience · Rurality · Cultural heritage.



INSPIRING INFUSION

(Hart's pennyroyal, marigold and raspberry)

Pennyroyal increases digestion and is an anti-oxidant.

Keywords:

Pungent minty aroma · Aromatic exaltation · Regional cuisine · Riverside landscape.



MIDSUMMER INFUSION

(oregano, chamomile, bay and walnut tree)

Chamomile and oregano enhance digestion and prevents fluid retention.

Keywords:

Spicy and hot · Summer fragrances · Mediterranean culture · Longevity.



MILD INFUSION

(mastic thyme, bay and walnut tree)

Thyme is used to lower blood pressure, fight bacterial infections, and enhance the respiratory tract.

Keywords:

Mild (fresh and sugary notes evocative of eucalyptus and camphor) · Mix of fragrances · Wildlife · Tranquility.