

# Serenity



## Se la couler douce®

As life has its downs as well as its ups, Propolia® has created some natural formulas to help you get through the entire day in as relaxed a way as possible.



Ref: INFUSOB

## EVENING HERBAL TEA

*Have a herbal tea and put your feet up!*

A unique formulation!

Take the time to enjoy a gentle organic herbal tea with Propolia®! Discover the characteristic Propolis flavour in this unique herbal tea with sweet aromas. Enjoy the delight of an Evening Herbal Tea with Linden, Marshmallow and Orange for a sweet and light aroma releasing the flavour of our Propolis extract. You will benefit from the natural quality in this simple drink.

**Main ingredients:** PROPOLIS, MARSHMALLOW, LINDEN, SWEET ORANGE, ROSEMARY.

**20 foil-sachet freshness teabags**

### For whom?

For those who enjoy drinking a herbal tea before going to bed, to benefit from the combined flavours of plants and propolis.

### How?

Steep a tea bag for 8 to 10 minutes in very hot water and then enjoy and combine with a mild honey (Lavender, Thyme, Hawthorn...).



"It is ideal when I have an appointment which is a bit stressful (...). I set my routine: herbal tea plus book and I fall asleep like a baby!" Ophélie, a blogger, said about the Evening Organic Herbal Tea



"Very good syrup" (...), "very efficient", "ideal Winter product." Some feedback collected about the Organic Evening Syrup



Ref: SIRSOIR

## EVENING SYRUP

*Gentle quietness*

This organic syrup has a gentle taste which fits with the sweet life. Throughout the day or in the evening before bedtime, experience the benefits of the duo Propolis and Honey combined with plant extracts synonymous with a relaxing evening: Poppy encourages a better sleep; Thyme and Marshmallow have relaxing properties and work on the throat.

**Main ingredients:** PROPOLIS, HONEY, POPPY, ELDERBERRY, MARSHMALLOW, THYME, LEMON

**145 ml glass bottle**

### For whom?

For those who want a gentle and organic syrup to encourage relaxation in the evening while also soothing the throat.

### How?

Take 1 tablespoon per day (preferably in the evening) or 1 teaspoon 3 times per day.

