

HER SACRED



CRADLE

# Her Sacred Cradle Apothecary Catalogue

*The birthplace of your becoming*

Her Sacred Cradle Apothecary offers gentle, ritual-based *organic* herbal support for digestion, nervous system balance, pelvic health, and the transitions of womanhood.

Rooted in Ayurvedic wisdom and informed by modern life, **these offerings are not medical treatments** or quick fixes. They are invitations to slow down, listen to your body, and work with your natural rhythms.

Tea is often the gentlest place to begin—but the apothecary extends beyond digestion to include herbal formulations for postpartum nourishment, pelvic floor support, menstrual and cyclical balance, and nervous system regulation.

Each blend is created to support the body's innate intelligence, honouring the connection between digestion, emotions, hormones, and the pelvic center—the birthplace of safety, intuition, and creative power.

This is simplified wellness with depth.  
Small rituals. Big impact over time.



### 🌿 Warming Digestive Tea Refill \$14

For dry, slow digestion

This organic Ayurvedic blend supports digestion when there is constipation, dryness, bloating, or coldness. Gently warms the gut and encourages regular elimination.

Best for: constipation • dryness • bloating • cold digestion



### 🌿 Cooling Digestive Tea Refill \$14

For sensitive, heated digestion

This organic Ayurvedic blend supports digestion when there are loose stools, acidity, burning sensations, or skin redness. Helps cool and soothe without weakening digestion.

Best for: loose stools • acidity • heat • skin sensitivity



### Awaken Digestive Tea Refill \$14

For heavy, sluggish digestion

This organic Ayurvedic blend supports digestion when there is heaviness after meals, low appetite, nausea, or incomplete digestion. Helps awaken Agni and reduce stagnation.

Best for: heaviness • sluggish digestion • fatigue • fogginess



### The Ritual Trio \$42

This bundle includes our three signature organic Ayurvedic tea blends, created to gently support digestion and overall balance. Rooted in tradition and intended for mindful, daily sipping.