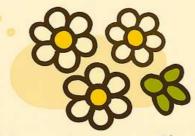
INGREDIENTS-ANTI-BURNOUT INFUSION

KETTLE MODE ACTIVATED



1 tsp chamomille

(or 1 bag of calming tea)
To disable looping
thoughts



1 tsp honey
So the day passes
more smoothly
than expected





1 lemon slice

To clarify, not pour piquer



A few dried lavender flowers (supreme zen option)

200 ml hot water

Not boiling, not icy, Just warm enough to melt what's stuck

ANTI-BURNOUT INFUSION KETTLE MODE ACTIVED

A drink that listens, even when you don't know how you feel.



ÉTAPE 2 Chamomile (or relaxing tea

Pour ~200 ml of relaxing tea Cover and let steep for 5 minutes.



It now takes over.

ÉTAPE 3 Boil 1 tsp hot wornter, Slip 1 thin lemon slice into the water,

It's there to clarify, not sting.

ÉTAPE 4 Add 1 tsp honey

Add 1 tsp honey tor ague)

To sweeten what has not yet digested.



ÉTAPE 5 A zen option: dried lavender flowers or a mint leaf, if you want extra zen.

"It's not just a tea."

