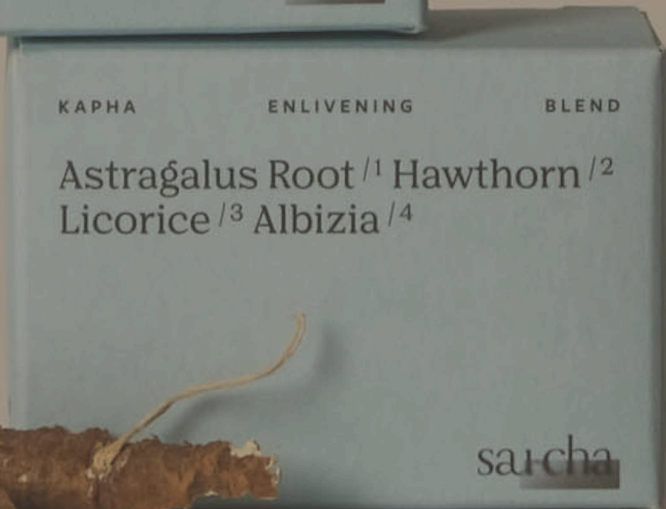
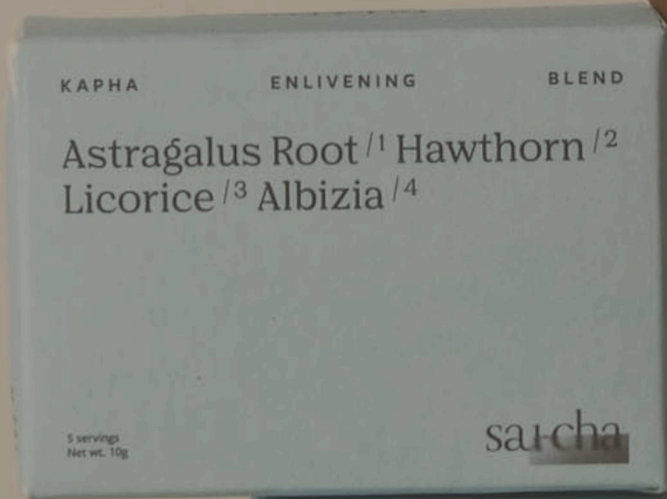


“We use natural ingredients to nourish your body, mind and soul.”

sau-cha

Functional Herbal Tea Blends



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For health and wellness tips as well as Sau-cha Living Retreats/ Workshops.



Sau-cha was founded on a simple mission: to empower the mind and body through revitalizing fusion tea remedies. Founded on Ayurvedic and TCM practices, our tea is crafted from all-natural ingredients designed to send your body into a mental and physical state of absolute purity and wellness.

Feel the balance. Feel your power.

Ayurveda and TCM are gentle, nature-based, holistic health systems that aim to put the whole body in balance. In Ayurveda and TCM, the body and mind are seen as inseparable.

The underlying philosophy for both is that good health in the body, mind, and spirit, revolves around the correct flow of energy.

In TCM this is called ‘qi’ (pronounced ‘chi’) – the subtle energy of the body. In Ayurveda, this vital energy, is prana. Both aim to balance each individual body, normalizing or regulating organs and systems by using combinations of herbs.

These ancient principles provide the foundations of our tea blends. Our functional tea blends are customised to the three unique Ayurvedic Body Type (dosa); Pitta, Kapha, and Vata. The blends aim to help individuals to achieve a balance within the body. When the energy (Qi or prana) is in balance, unpleasant symptoms will fade away naturally.

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Sau-cha #morethantea

Sustainability is at the core of our DNA, we have created our very own reusable cotton tea bags to reduce the carbon footprint. Our packaging are made from FSC certified paper. When you finished enjoying our tea, just simply put the used tea leaves in compost bin and the packaging in recycling bin. We also have our very own biodegradable jute bag which you can place your teas in when you are traveling.

Our mission is to educate the people about "prevention is better than cure". We hope to bring awareness of wellness into our wider community.



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