

NATURAL SENORITAS

African Cranberry

WHEN YOUR BODY FEELS HEAVY...

Choose something that helps you feel lighter.

Real Ingredients. Real Standards. Real Results.



- There are days when your body feels sluggish.
- When your mind feels busy.
- When you're craving something refreshing instead of another coffee or sugary drink.
- A moment to pause.
- A moment to nourish.
- **A moment to choose yourself.**

Natural Senioritas African Cranberry is made from 100% wild harvested Hibiscus sabdariffa (Roselle), a vibrant botanical naturally rich in antioxidants and traditionally enjoyed to support urinary tract and bladder wellness as part of a balanced lifestyle.

Whether enjoyed hot as a comforting tea or served ice cold as a refreshing botanical infusion, every cup is a simple reminder to choose restoration over depletion.

DON'T JUST QUENCH YOUR THIRST.

Nourish your body from within.

Healthy hydration is about more than drinking water. It's about creating daily habits that leave you feeling lighter, revitalised and restored..

Naturally caffeine-free and beautifully vibrant.

A delicious botanical infusion that fits your everyday routine.

Because sometimes your body isn't asking for more... it's asking for better.

WHY SO MANY WOMEN LOVE AFRICAN CRANBERRY:

****100% Hibiscus sabdariffa (Roselle) **naturally rich in antioxidants **traditionally supports urinary tract and bladder wellness ** naturally caffeine-free **supports healthy hydration habits ** a refreshing alternative to sugary drinks ** delicious served hot or ice cold ** a simple daily ritual inspired by nature.**

WHEN DO PEOPLE REACH FOR AFRICAN CRANBERRY?

- When they're feeling heavy and sluggish.
- When they want something naturally revitalising.
- When choosing hydration over another coffee.
- For the woman building a self-care practice that actually fits her life.
- As part of a healthy bladder and urinary wellness routine.
- On warm summer days over ice.
- On cold winter mornings as a comforting botanical tea.

A PERSONAL NOTE FROM LIZ

When my daughter went through recurring bladder discomfort, African Cranberry was the first botanical tea that made such a difference in our home that it quickly became part of our daily routine.

Today it's still one of the first things I reach for whenever we want something naturally revitalising, nourishing and beautifully simple.

HOW TO ENJOY AFRICAN CRANBERRY — HOT TEA

Add 1–2 teaspoons of African Cranberry to a coffee plunger and pour over freshly boiled water. Allow to steep for 5–10 minutes, press the plunger and pour. Sweeten with raw honey if desired.

REFRESHING ICED TEA

Prepare as above, allow to cool and pour over ice. Garnish with fresh lemon, orange slices or mint for a naturally refreshing drink.

BOTANICAL WELLNESS COOLER

Add 2 teaspoons of African Cranberry to a 1-litre coffee plunger, fill with freshly boiled water and steep for 10–15 minutes.

Press the plunger, allow to cool and add slices of orange, lemon, apple, strawberries or fresh mint. Serve chilled over ice — perfect for warm days, family gatherings, or as part of your daily hydration habit.

ROOTED IN NATURE. DESIGNED FOR REAL LIFE.

Wellness is built through simple daily choices.

One nourishing meal. One glass of water. One quiet moment. One beautiful cup of tea.

Natural Senioritas African Cranberry was created to become part of those everyday rituals that help you feel revitalised, restored and connected to nature.

Created by a Lyme Warrior & Master Herbalist.

For the woman who chooses to restore rather than simply push through.

DISCLAIMER

This product is not intended to diagnose, treat, cure or prevent any disease. The information provided is for educational purposes only and should not be regarded as medical advice. Individual experiences may vary. Enjoy as part of a balanced diet, healthy lifestyle and daily hydration routine.