

# How to make a Premium Infusion?

1



## Heat the water in the electric kettle

Make sure you use quality water, avoid water that tastes like chlorine and from coffee machines.

2



## Don't let the water boil

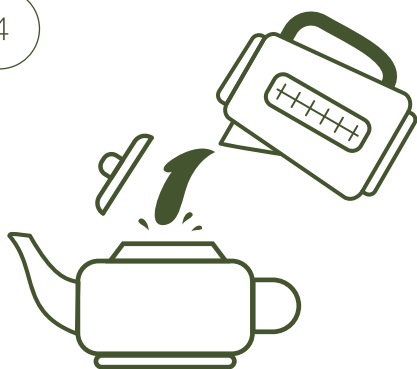
Keep it between 80° and 90°

3



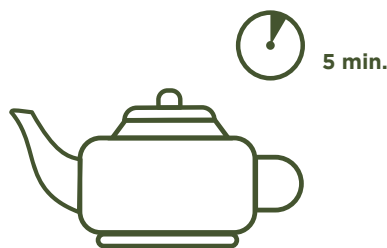
Prepare the teapot using the measuring spoon from Infusões com História, place the herbs into the teapot strainer

4



When the water is at the recommended temperature (check packaging), pour into the teapot.

5



Wait at least 5 minutes.  
(check packaging).

6



Serve and feel the genuinely Portuguese aromas and enjoy the flavours of our 100% organic and 100% natural plants.



INFUSÕES<sup>®</sup>  
E HISTÓRIA

The Green Portuguese Heritage



## SCRUBLAND BLEND

(carqueja, spearmint and common self-heal)

### Keywords:

Aromatic blend (robust and smooth sensations; earthy, floral, melliferous, minty aromas) · Well-being · Portuguese Rooibos · Countryside Memory



## MOUNTAIN SENSES BLEND

(heather, lemon balm and common self-heal)

### Keywords:

Volatile scents · Citric and minty flavour · Balsamic · Highlands



## PORTUGUESE ROMANESQUE BLEND

(lemon balm, spearmint and common self-heal)

### Keywords:

Fresh and sweet · Smooth and relaxing · Exaltation of the senses · Green journeys



## BALSAMIC INFUSION

(rosemary, chamomile, bay and walnut tree)

### Keywords:

Ethereal aromas · Vitality · Spiritual · Melliferous.



## BLOSSOM INFUSION

(fennel, elder and St. John's Wort)

### Keywords:

Aniseed aroma · Sweet and fruity · Festive Nature · Summer days.



## MYSTIC INFUSION

(pennyroyal, olive tree and grapevine)

### Keywords:

Mix of aromatic sensations (mint, citric, sweet, acid) · Resilience · Rurality · Cultural heritage.



## INSPIRING INFUSION

(Hart's pennyroyal, marigold and raspberry)

### Keywords:

Pungent minty aroma · Aromatic exaltation · Regional cuisine · Riverside landscape.



## MIDSUMMER INFUSION

(oregano, chamomile, bay and walnut tree)

### Keywords:

Spicy and hot · Summer fragrances · Mediterranean culture · Longevity



## MILD INFUSION

(mastic thyme, bay and walnut tree)

### Keywords:

Mild (fresh and sugary notes evocative of eucalyptus and camphor) · Mix of fragrances · Wildlife · Tranquility