

## PRESS RELEASE

### **Brew up a good night's sleep with Today Was Fun's Sleepy Tea**

Sleepy Tea, the latest herbal tisane from the Tea and Philosophy range, is being launched at the Organic Products show 17-18 April 2005 by Today Was Fun. Carefully blended from organic Lemon Balm, Lime Flower and Lavender, it is approved by the Soil Association and is designed to counter the effects of stress our modern lifestyle brings on.

We all know that our hectic routines, bad habits and simply trying to do too much is to blame for many sleepless nights and needless stress. By following the instructions on the label and sipping our blend, we're confident you'll soon be relaxed and drifting off into the land of nod. Some of the suggestions on our label to contemplate while the tea is brewing are...

*Turn off the TV. Put your work and worries away in a drawer, they'll keep until morning. Wander outside and breathe in the night. Bow to the moon. Pull a face in the mirror. Relax. Watch your frown lines disappear. Make peace with the day. Let it go. If you have any sheep count them. Make a wish for tomorrow. There's just one more sleep before it's here.*

Sleepy Tea joins Happiness, Inspiration, Friendship and Expectancy Tea as part of the Tea and Philosophy range from Today Was Fun. **RRP** £5.00

Commenting on Sleepy Tea, Sharyn Wortman, Director of Today Was Fun said: "Our teas have made you Happy, have made you Friendly, now it is time to grab your favourite bed time book as you are about to get very, very sleepy. Gather up your sheep and get counting."

For stockists visit: [www.todaywasfun.com](http://www.todaywasfun.com)

**-Ends-**

## Photography available

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