

hum 'SPA-tails'



Fair Trade Hibiscus

- Packed with Vitamin C and antioxidants • drinking hibiscus tea on a daily basis may reduce blood pressure



Organic Ginger

- Healing herb since the middle ages • hangover aid • used as a tonic for centuries
- anti-inflammatory • aids in digestion • used in cancer treatments



Organic Cardamom

- One of the highest antioxidant spices • used in Eastern medicine • second most expensive spice in the world



Kaffir Lime

- Used in both Chinese herbal medicine • used in aroma therapy for relaxation and calming nerves

hum & Mineral Water

Potential garnishes: cucumber, jicama, daikon, lime wedge, orange slice, fresh herbs, rose petals

hum & Herbal Tea

Suggested Teas: ginger, peppermint, jasmine, lavender, chamomile, green, aloe vera

hum & bubbles

Pairings: ginger, apples, pears, sage, lavender, rose petals, violets, blueberries, raspberries

hummin' with the Seasons

1 part hum
3 parts Ginger Beer
Garnish Seasonally:
Cucumber & Basil (Summer)
Apple/Pear & Sage (Fall)
Seasonal Citrus & Rosemary (Winter)
Strawberry/Raspberry & Mint (Spring)

hum Bellini

Chilled Flute
2 ounce fruit puree
Top with Bubbles
3/4 ounce hum float

Cilantrito

6 pieces of grapefruit
12 cilantro leaves
Muddle until juicy
1.5 ounces hum
Tall, rock topped with coconut water
Garnish with grapefruit slice