



# Bringing more Joy, Pleasure & Connection

Female run and owned



## WELCOME TO BLE

Ancient botanicals, modern wellness  
At Blue Lotus Effect, we create handcrafted blends that nurture your mind, body, and spirit. Our products are designed to bring balance, calm, and a deeper connection to nature's healing power.



## EUPHORIA BLEND

Our Euphoria blend combines the calming effects of Blue Lotus with the cognitive boost of Blue Butterfly Pea Flower for a tea that relaxes the mind and uplifts the mood. Its vivid blue colour and delicate floral taste make every sip a soothing ritual.



Key Benefits:

- ◆ Relaxation & Stress Relief: Blue Lotus eases anxiety and promotes calm.
- ◆ Focus & Memory: Blue Butterfly Pea Flower enhances brain function and clarity.
- ◆ Mood Boost: Elevates emotional balance, leaving you feeling elevated.
- ◆ Antioxidant-Rich: Supports health and wellness with natural antioxidants.



## MALLIKA

On her own journey of self-discovery, initiated by motherhood in health and sensuality. She realised true pleasure comes from nurturing the nervous system, body, mind, and soul.

With expertise in Health & Wellbeing, she became committed to helping others achieve optimal health. Her transformative experiences with Blue Lotus led to profound insights, inspiring the creation of Blue Lotus Effect.