



Welcome into our vibrant world with this month's newsletter!

## Introducing Borage Tea



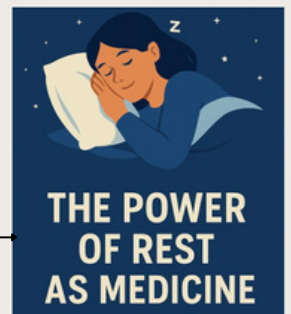
**Every Persian grandmother has traditionally advise this brew to calm the nerves. Now we know that Borage brew is valued for its potential to reduce inflammation and support adrenal function, helping the body manage stress more effectively. Additionally, it can be beneficial to promote healthy skin and soothe respiratory discomfort.**

*Sleep is Medicine*

*Don't miss out*

### Sleep For All

Join us for an energising workshop on SLEEP!  
We'll uncover why sleep isn't just a luxury, it's your ultimate **health** tool! From busy minds to restless nights, we'll tackle **practical** tips to help you sleep better, feel sharper, and thrive. Because when sleep wins, **everything** wins. Don't snooze on this — Your **best self** starts in **bed!**



Joining the **R&H Cafe Gallery membership** offers a unique opportunity to immerse yourself in a vibrant community that celebrates Persian culture, art, and cuisine. As a member, you'll enjoy exclusive access to curated events, art exhibitions, and special culinary experiences that showcase traditional Persian flavours and contemporary artistry with loyalty schemes and discounts.

