

Seven Days of Mum-To-Be

Ingredients

Salted Caramel Milk Chocolate. 20g by Coco Chocolatier

Ingredients: Sugar, Cocoa Butter, Cocoa Mass, Milk Powder, Emulsifier: Non-GMO Soya Lecithin, Natural Vanilla Flavour, Isle of Skye Sea Salt (<1%), Natural Caramel Flavour.

Happy Uplifting Tea by Teapigs is naturally caffeine free, so you can drink it round the clock. This tea contains lemon balm – used since the Middle Ages to keep people happy, well-rested and alert.

Ingredients: Organic apple, organic lemon balm, organic cinnamon, organic ginger, organic cardamom seed, organic sweet blackberry leaves, organic turmeric, organic orange peel, natural lemon flavouring with other natural flavourings, organic lemon peel, organic clove buds, organic marigold flowers, organic allspice.