



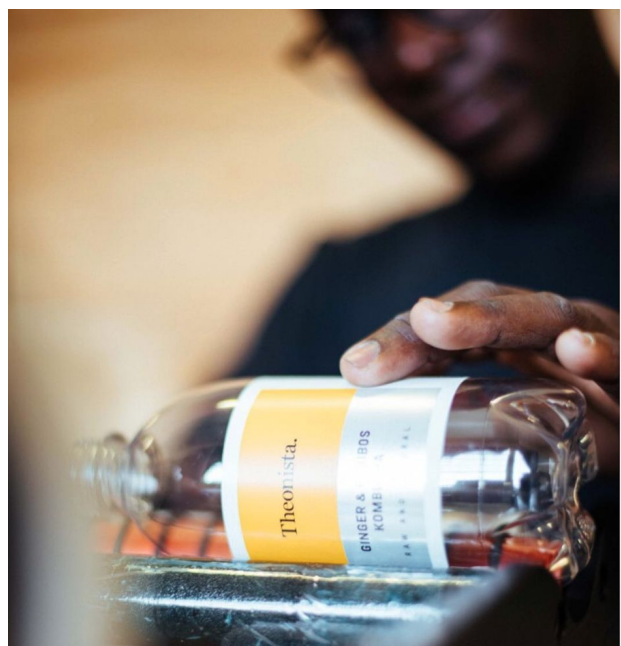
theonista • Following
Cape Town, Western Cape

theonista Chai high // Our all-natural organic rooibos chai is made from real ingredients: no factory-farmed dairy dust, syrups, or artificial flavors. Full of immune system boosting and digestive system soothing spices and super easy to use: just mix with your milk of choice and heat it up for a dreamy winter warmer. 🔥

#chai #plantbased #healthy

47w

theonista #rooibos #southafrican #guthealth #spices #naturalfood #delicious #getoutside #active #naturalenergy #tea #teatime #mindfulness #hike #trail #latte #chailatte #capetown #ginger



theonista • Following
Theonista

theonista 🙌 Our small batch 'booch is handmade from start to finish. Every bottle connects you to the living energy of vibrant, raw kombucha and the team of hardworking humans that brewed, bottled, and packed it. #followyourgut #jobs #southafrica

50w

theonista #kombucha #thirsty #craftbrewing #booch #plantbased #tea #probiotics #guthealth #fermentation #people #handtaste #patience #craft #bottle #healthy #cleanenergy #factorylife #drinkup #scobylove #fermented #skills #capetown

50w Reply



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theonista MEET THE TEAM: Pamela // Originally from Zimbabwe // Been with us for 6+ years // Role: Production Manager // Fav product: Pomegranate & Rooibos kombucha // Fav part of her job: "I love my job because we all share the same vision. I am encouraged to try new things and my opinion matters and so does everybody's, whatever level they are."



#TEAMTHEONISTA #teamwork #followyourgut #kombucha

62w

theonista #thirsty #vegan #probiotics #organic #guthealth #healthyfood #tea #healthy #scoby #fermentation #teahood



theonista • Following

theonista 🌱 Let's talk about T E A. The same way the beautiful humans on Team Theonista are the heart of our business, our gorgeous ingredients are the soul. The teas and herbs we use are both premium and precious, so we go out of our way to make sure the health benefits and unique flavours are not only preserved, they are outright celebrated in every sip! This means applying expert fermentation methods & abstaining from excessive use of juices and other flavourings which can obscure the essence of a proper ferment and overshadow the nuances of the original ingredients. 🍵 #followyourgut #tea #ingredients #soulfood

55w





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Cape Town, Western Cape

theonista Dreamy & delicious ~ fresh lavender & lime infused into butterfly pea flower and green tea kombucha. #followyourgut #dreamy #antioxidants #anthocyanin

61w

theonista #kombucha #vegan #probiotics #organic #guthealth #healthyfood #tea #healthy #health #soby #fermentation #plantbased #kombuchatea #kombuchabrewing #booch #healthylifestyle #kombuchalove #probiotic #butterflypeaflower #greentea #purple #organic

61w 1 like Reply



theonista POMEGRANATE & ROOIBOS // Our wildly popular Pomegranate & Rooibos Kombucha strikes the perfect sweet-tart balance and is robust in both fizz & flavour. Made with organic rooibos, organic hibiscus, and pure no-sugar-added pomegranate juice (just 2%), this flavour is a major antioxidant powerhouse and is the ideal #nonalcoholic alternative for holiday gatherings. It also makes a most excellent cocktail base ~ make a "Forbidden Fruit" by adding a shot of @leonistaspirit & garnish with fresh

77w

theonista #mixology #detox #cocktails #mocktail #fruity #fizzy

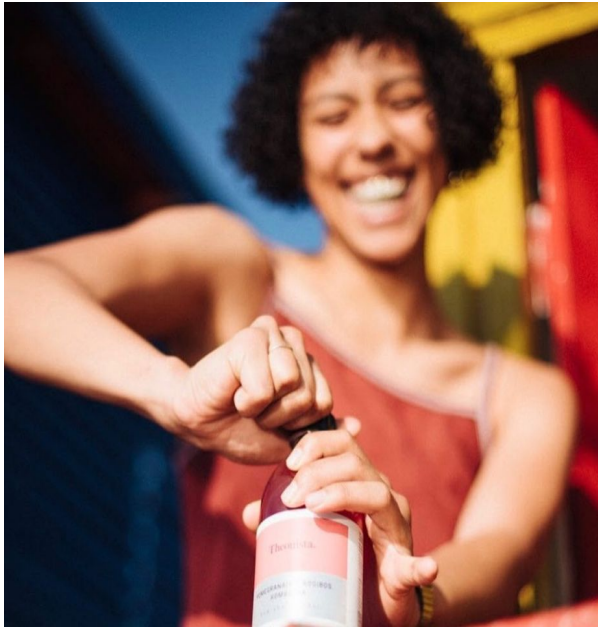


theonista • Following
South Africa

theonista GINGER & ROOIBOS KOMBUCHA // With a distinct ginger kick, strong fizz, & delicious caramel undertones, our Ginger Rooibos is the all-time top seller in our range. Available in 330mL, 500mL, & 1L #followyourgut #happinnessis

73w

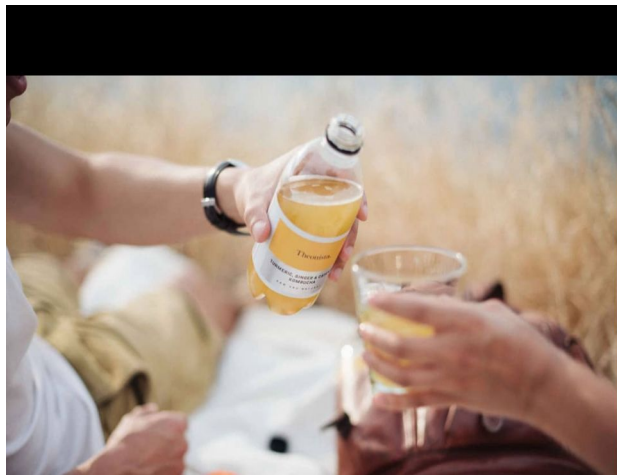
theonista #kombucha #gutfeeling #craftbrewing #healthychoices #probiotics #1 #culture #branding



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theonista Nothing like kicking off the weekend with an ice cold 'booch #followyourgut #happyfriday #fueledbykombucha

73w



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Cape Town, Western Cape

theonista Golden hour ✨
#turmeric #followyourgut #happinesis
71w

theonista #kombucha
#craftbrewing #ginger #greentea
#picnic #thirsty #drinkup
#beverage #getoutside #lifestyle
#summer #CapeTown
#southafrican #naturelove



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Cape Town, Western Cape

theonista Kombucha crew 🍷
#followyourgut #boochlife #CapeTown
76w

theonista #kombucha
#craftbrewing #create #drinkup
#detox #lowsugar #localislekker
#handmade #womeninbusiness
#fermentation #makers #crew
#naturelove #southafrica



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theonista MEET THE TEAM: Miguel //
From: Republic of the Congo // Role:
Driver // Top Theonista product:
Pomegranate & Rooibos kombucha//
Favorite part of his job: "At Theonista
we work as a team and that means we
all work with a lot respect for each
other." ❤️ #TEAMTHEONISTA
#followyourgut

#jobs #craftbrewing #handmade
#portrait #positivity #teamwork
#factorylife #naturalfood #fermentation
#variety #plantbased #thirsty
#southafrica #behindthescenes
#boochlove #kombucha
#kombuchabrewing



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theonista MEET THE TEAM: Dennis //
Originally from Zimbabwe // Been with
us for 2+ years // Role: Factory
Warehouse Hustler // Fav product:
Pomegranate & Rooibos kombucha //
Fav part of his job: "I enjoy watching
the SCOBYs grow and change, and also
like putting labels on the bottles...the
SCOBY part is like the beginning, and
labeling is the last touch before our
products go to the customers and I get
to be part of that whole process." 🌿

