



MOST INFLUENTIAL WOMEN IN BUSINESS ROOTED IN RADIANCE

BY FRANKIE WYNNEWOOD

For Sarai, tea has always been more than a drink—it's a moment of pause in a busy day. Inspired by years of personal ritual and a passion for wellness, she created Glow From Within Teas, a line of organic blends designed to support both body and routine.

1. What inspired you to start Glow From Within Teas, and how did the idea first take shape?

It started with my own routine. After more than twenty years of drinking tea and learning about its benefits, it became something I reached for daily. Not as a trend, but as a way to slow down and reset during busy, stressful days. Tea was simple, grounding, and something that genuinely made me feel better.

Over time, I started paying attention to how people around me viewed tea. A lot of people avoided it because they associated it with bitterness, or they felt the need to add sugar, milk, or cream just to make it enjoyable. At that point, it stops being what tea is meant to be and turns into something closer to a sugary drink.

That's when the idea really took shape. I began sourcing organic ingredients and blending teas with one clear goal in mind: to create blends that are not only good for you, but truly delicious on their own. Glow From Within grew from that process. It's about helping people embrace tea as a better daily habit, one that supports their body and fits naturally into real, everyday life.

2. What challenges have you faced as a woman in business, and how have they shaped you as a founder?

The biggest challenge has been balance. I wear a lot of hats. I'm a Christian, a woman, a wife, a mother, a multi-business owner, and I'm also an employee at a Fortune 500 company. Each role requires something different from me, and all of them matter. The challenge isn't whether I'm capable, it's learning how to show up fully without feeling pulled in a hundred directions.

Over time, I've learned that everything falls into place when I'm clear on my priorities. When the most important things are aligned, the rest becomes more manageable. That clarity has shaped me as a founder. It's taught me discipline, intention, and the importance of being present wherever I am. I don't believe in doing everything perfectly. I believe in honoring each role in a way that feels sustainable and true.

That perspective carries into how I build my brands—with patience, balance, and the understanding that growth doesn't have to come at the expense of fulfillment.

3. What sets Glow From Within Teas apart in the wellness space?

Glow From Within was created with purpose and care behind every decision. I wanted my blends to stand apart in both flavor and quality. One of my biggest goals was to bring a loose-leaf level experience into a tea bag, because I understand how busy life can be. I wanted this to be easy and approachable. Just hot water, a few minutes, and a moment to sip.

Every ingredient in hiBLISScus and vibranTEA is there for a reason. Each one plays a role, whether it's for flavor, balance, or support. Quality matters to me, from having my blends USDA organic certified, the ingredients themselves, to how the tea is packaged. Our tea bags are made with sustainable materials and do not release microplastics, because what you drink should support your body, not work against it.

At the end of the day, I wanted to create a tea that feels worth choosing. Something delicious, thoughtfully made, and easy to make part of everyday life.

4. How do you define success at this stage of your career?

At this stage of my business, success feels much more personal than numbers or milestones. When customers tell me they feel less bloated, that they're sleeping better, or that they genuinely look forward to drinking my tea each day, that's when I feel successful. Hearing that someone chose my tea over soda or alcohol, or that it became part of their daily routine, means everything to me.



Those moments remind me that this is bigger than a product. It's about helping people create better habits and feel better in their everyday lives. Knowing that my work is supporting people in a positive way, and that it's making a real difference, makes all the hard work behind the scenes feel completely worth it.

5. What advice would you give to women who want to turn an idea into a business?

I truly believe there is nothing you can't do if you have an idea and you believe in it. That belief has carried me to where I am today. But belief alone isn't enough. You have to be willing to put in the time, stay realistic about your goals, and understand that building something meaningful takes patience.

For me, being rooted in radiance means staying grounded while you grow. Trust

your vision, but stay connected to what matters. Set aside the time your idea deserves and be honest about what you can handle in each season of your life.

Lean on your people. You know who they are. The ones who guide you, support you, and tell you the truth when you need it. Build a team you trust, protect your idea, and don't be afraid to grow at your own pace. When you stay grounded and move with purpose, the glow will follow.

6. What's next for Glow From Within Teas—any new blends or goals you're excited about?

Yes, absolutely! I've already created a new blend that received the same excitement and response as hiBLISScus and vibranTEA. This one is focused on supporting calm, nighttime routines and better sleep, which so many people are looking for right now.

I'm also working on a blend centered around liver support, with dandelion root as the main ingredient. Many of the blends I create are inspired by family traditions and natural remedies I grew up with. Those remedies are really the foundation of Glow From Within, and I love being able to elevate them and share them in a modern, thoughtful way.

Another initiative that I am working on is organizing a donation effort called: The Moment of Peace Initiative. The Moment of Peace Initiative is our way of giving back to the people who give so much to our communities. We dedicate time to donate Glow From Within teas to everyday workers like firefighters, police officers, ER staff, paramedics, teachers, nurses, and doctors. It's a small gesture meant to offer calm in the midst of constant



movement and pressure. A reminder that even in the chaos, they deserve a moment to pause, breathe, and take care of themselves too.

Looking ahead, my goal is to expand Glow From Within as widely as possible. I want my blends in as many restaurants, cafés, boutiques, gift shops, and spas as possible. I want people to experience them wherever they are. Everyone deserves to Glow From Within.

RAPID FIRE WITH SARAI

Q: Morning ritual you never skip?

A: 7-step skincare routine is a MUST.

Q: Favorite Glow from Within blend right now?

A: vibranTEA, Green Tea will forever be my number one choice.

Q: Go-to way to unwind after a long day?

A: Go on the Tune In app and BLAST Tropicana radio station from Barranquilla, Colombia! Music is my favorite therapy.

Q: One word that describes your brand?

A: Authentic.

Q: Wellness habit you swear by?

A: Tea, of course. And daily lymphatic massages—the HiZoo neck massager is a game changer.

Q: Dream collaboration?

A: 1 Hotels nationwide!

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