

TEA YOUR CUP OF GOOD HEALTH AND FLAVOUR

Most of us begin the day with that hot cup of tea. It energises you and prepares you to face the day ahead. However, it has been known since ages that teas are much more than just a wakeup call. Tea has a history going back centuries with elaborate tea ceremonies known to have existed in Chinese, Japanese, and British cultures. These days, Tea is becoming increasingly popular because of its notable health benefits. Teaxotica brings to you carefully curated Tea Hampers from the tea gardens of Darjeeling with select teas that are flavourful and packed with immense benefits.



Studies have documented the immense benefits of drinking tea which include: protecting your teeth, reducing the effect of heart attack and strokes, boosting immunity and probably even help fight cancer! Herbal teas like chamomile, can be good for people with irritable bowel syndrome and to counter insomnia and promote relaxation, and ginger teas can calm nausea. The green teas are the least processed and tend to have the highest amounts of polyphenols and antioxidants that help from damaging effects of pollutants.

A few sips of this flavourful beverage a day may just help you keep the doctor away. Experiments have proven that immune system blood cells of tea drinkers respond five times faster to germs than that of coffee drinkers.

We try out some of the exotic blends from Teaxotica and come back impressed!

The exotic Kashmiri kahwa tea is an amazing blend of, aroma and health benefits. It contains an interesting mix of Kashmiri green tea leaves and spices. An ideal Kashmiri Kahwa contains saffron, cinnamon, cardamom, and cloves along with a few dry fruits making it a wholesome blend for health and vitality.

Jasmine tea is normal tea (green, white, black, or oolong) flavoured with jasmine flowers to create the unique scent and taste. The nutritional elements in this tea come from the tea buds of jasmine that help add antioxidants to your system like catechins and epicatechins, which can have a wide range of positive effects on the body.

The fresh tasting Mint tea is made from peppermint leaves and herbal ingredients to create unique blends that have medicinal benefits.

The Apple Cinnamon tea is nice and fruity to taste with well-known benefits of Cinnamon that include regulation of blood sugar and lower cholesterol. The addition of cinnamon to apple tea magnifies the fruit's inherent role in metabolizing cholesterol through an added boost of manganese.

Teaxotica Tea Hampers are known for their infusions and specialty teas. They curate the finest teas of Darjeeling and craft them into unique blends with all-natural ingredients. No artificial colours. No additives. Enjoy tea like it should be.

As *Oscar Wilde* says - "Tea is the only simple pleasure left on us." At Teaxotica they believe that 'tea is best when shared with community, family and friends'. So, go on, call a friend, and grab that cuppa!