

**Ingredients**  
**REVITALIZE**

1st grade Green Tea, organic dried Hibiscus

*These formed tea are hand made*

**ENHANCE**

1st grade Green Tea, organic dried Lavender

*These formed tea are hand made*

**TIBET**

1st grade Black Tea, Rhodiola & Honeysuckle

as Sir Arthur Wing Pinero said.....

*"While there is tea there is hope!"*

Store in a cool, dry place.

Best Before

Sherston Tea Company, SN16 0LH

**Preparation**

Place one formed tea in your teapot (ideally clear glass for maximum visual effect), and add freshly boiled but not boiling water around 80C/175F. Boiling water may scald the leaves and prevent them from releasing all their flavours and aromas.

Infuse until the formed tea is fully open, usually about 3-5 minutes. Watch the leaves unfurl.

Note: Do not remove the leaves after infusing but drain off all the water. If you wish to have another cup of tea, simply pour more water on the leaves and infuse for another 1-3 minutes.

*Find more information on making the perfect cup of tea!*  
[www.sherstontea.com](http://www.sherstontea.com)

**SHERSTON  
TEA  
COMPANY**



*Purveyors of specialist traditional & rare teas and tisanes*

[www.sherstontea.com](http://www.sherstontea.com)

**REVITALIZE**

These formed teas are handmade in the Zhejiang Province of China at altitudes of 1500—2000ft above sea level with Organic green tea & organic dried hibiscus.

Brews a pale green yellow with a pure light grassy taste and floral hibiscus. A great pick-me-up after a late night out!

There has always been a lot written about the restorative properties of herbs and flowers, and Hibiscus is a wonderful example. In Hindu worship the beautiful and highly fragrant blossoms of the Hibiscus plant are used as offerings to the goddess Kali and the god Ganesh. Kali is the goddess of time and change and Ganesh is widely revered as the Remover of Obstacle. So maybe adding hibiscus to your daily routine will open spiritual and mental blockages, sounds farfetched, it shouldn't be as hibiscus was designed by Nature to make you feel good. REVITALIZE gives you a wonderfully smooth cup of tea with a double dose of anti-oxidant goodness, as you sip and feel the tea warming your body, you will hopefully feel waves of restoration and a subtle energy boost, a wonderful pick-me-up in the morning after a late night out!

**How is organic tea grown?**

- Abstinence from using any synthetic fertilizer or pesticide
  - Protection of the environmental integrity of lands surrounding the gardens
  - Minimize pollution and optimize biological productivity
  - Replenishment and maintenance of garden soil fertility.
  - Promotion of biodiversity in and around the tea gardens.
- (This includes working to protect natural wildlife habitats.)

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**ENHANCE**

These formed teas are handmade in the Zhejiang Province of China at altitudes of 1500—2000ft above sea level with Organic green tea & organic dried lavender.

Brews a pale green yellow with a pure light grassy taste and sweet lavender. A perfect combination!

This amazing combination of Organic Green Tea and organic natural dried Lavender offers a soothing pick-me-up that is perfect for sipping any time of the day. Lavender has inspired feelings of love and calming relaxation for millennia and in India the fragrant flowering shrub has long been associated with the Heart Chakra, (Chakra is an ancient Sanskrit word for the seven centres of spiritual energy in the body.) The Heart Chakra is the energy centre of love, joy, happiness, honesty, compassion and connection with other people its a powerful one! In the West there has also been a long tradition between Lavender and love in England on St Luke's Day young women looking for a husband would sip lavender tea and sing The Romans prized the flower for its ability to soothe the body, calm the mind and restore the spirit. ENHANCE is the perfect tea for an afternoon spent in quiet reflection a cup to fall in love with.

**TIBET RHODIOLA TEA**

These compressed teas are made in the Yunnan Province of Tibet at altitudes of 5500ft above sea level. This compressed tea is a blend of 1st grade Sichuan black tea and Honeysuckle and Rhodiola Herb from Tibet and brews a bright cup with a light rosy perfume and slight mustiness, definitely a rarity to try. In Tibet, as with most tea it is served with a dash of fermented yak's buttermilk, but instead (if you are not able to obtain yak's buttermilk) we recommend a dash of regular milk to help open up the delicate nuances of this tea.

The first thing you will notice when you unwrap a Rhodiola tea pod is that each one resembles a tiny bird's nest. And why is that? Well, when drunk, this tea helps the human body to overcome altitude sickness and cope with a lack of oxygen. Tradition has it that Buddhist monks who lived at the base of the Himalayan mountains likened the sensation to that of the soaring Booted Eagles of Tibet. These eagles could soar to great heights without hindrance and made their nests at very high altitudes. In homage to these great birds, the tea was manufactured to resemble the birds' nests.

Tibetan Rhodiola, (Latin: Rhodiola rosea), is itself an extremely rare plant that grows between 3500 and 5000 meters, (11,500 and 16,400 feet.) In recent years, the popularity of this plant has increased throughout China and the West and is considered one of the world's purest plants owing to the fact that the air and soil at such high altitudes is some of the cleanest on the planet.

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