



Tea is Served

With a splash of benefits and a spoonful of comfort

Rich in tradition and steeped in health benefits, a cup of tea is showing it can be more than just a welcome drink to wake up to.

As you sip your freshly brewed cuppa, engulfed in warm cozy feelings, what you may not know is that you could be adding years to your life.

More than just a tea bag

A number of recent studies have shown that true teas – green, black, white or oolong – contain powerful antioxidants called polyphenols, which protect against cancer, stroke and heart disease, and offer a host of healthy benefits.

Vast arrays of medicinal and therapeutic values are attributed to different varieties of this 5,000-year-old beverage. Red tea is thought to counteract insomnia and hypertension, green tea is said to suppress aging, and white tea is used topically as an antioxidant for the skin.

Although herbal teas don't contain antioxidants, they can provide other health benefits. Chamomile tea soothes the stomach, calms nerves and induces sleep, while Ginger tea is renown for improving circulation, relieving flu symptoms and easing stomach cramps.

What's your pleasure

There are so many ways to enjoy tea. Some have a passion for the leaf, exploring, traveling, and tasting every variety. Some enjoy sharing their love of teatime, lingering over a pot of tea and tasty treats with family and friends.

Whatever your pleasure, celebrate your passion for tea in your own special way. With more than 3,000 different teas available worldwide, you're sure to find one that's perfect for every occasion!