

As its name says it all; the royal blue colour makes the regal qualities evident of the blue tea. Blue is basically dried butterfly-per flowers. Apparently, this tea became illustrious for its benevolence on health but the tea has always been in the market of good health with the name 'Oolong or Black dragon tea'.

It is a caffeine-free drink piled up with weight-loss properties. Among its innumerable benefits, some really catch the attention. Enriched with antioxidants, consuming this tea regularly can prevent premature aging significantly. Proanthocyanidin, an antioxidant, is present in blue tea that helps in increasing the blood flow to the capillaries of the eyes. Its weight-loss properties work remarkably if one takes a cup every day.

For its million benefits, this tea has to be made carefully, maintaining the hard and fast steps. This tea is caffeine free but it consumes caffeine from other food so it is instructed to consume the tea at least one hour before or after having any meal. So once you are able to hit the exact ways of preparing blue tea it works like wonder. It starts showing outcomes in seven days. The proper amount of tea to a proper amount of water is what makes the drink most effective.

If given in doses of 200, 300, and 400 milligrams per kg blue tea has the ability that leads to the significant reduction of body temperature. This antipyretic feature works better than that of paracetamol.

A thorough recipe for making a cup of goodness:

It is best to use an earthy pot other than any metal for making blue tea as metal utensil may emasculate the beneficial organic components.

Now take some filtered water, if possible, in the pot and boil at 208 degree Fahrenheit or just heat the water till it starts boiling. Boil some extra water to keep the teapot warm. Now pour that extra hot water into the pot and swirl it, so the pot becomes a little hot and it will not let the tea gets cold as fast while brewing.

Now evacuate the top and put some blue tea into it and add boiling water. After this cover the teapot to retain the flavor. Keep it covered for at least five minutes. You can keep it roofed longer without making it bitter unlike green tea. But don't keep it for so long that the leaves get cooked and the colour of the tea becomes black

After this strain the tea extracts out and pour the drink into a cup.

You can add some citric drops like lemons into it and see the colour changed into purple. This does not add, alter or nullify any benefit but only changes the colour and the taste.

Recipe of iced blue tea

It is best to brew iced blue tea in a pitcher as it comes with a built up infuser. Now put a few leaves of blue tea in it and cover the pitcher and place it inside the refrigerator. Keep it inside the refrigerator for around the clock.

Blue tea does not taste great so you may add some sugar syrup or honey.

Due to its imperial color blue tea is also used for making other food and beverages colorful.

Bluepea flower rice: Prepare rice first and then make it cool. Then prepare the blue tea with hot water following the steps written above and sprinkle it all over the rice. Give it a proper mix. The bluepea flower rice is ready to devour now. This rice contains all the goodness of blue tea with carbohydrates.

Mooncake: Take a cake mix and divide it into two portions. Keep one portion white and mix blue tea liquor with the other portion. Make ten divisions out of every portion evenly. Now spoon the mixture into a pan and flatten it, then wrap it. Sprinkle the dust of Gao Fen on it.

Anti-aging night cream: This recipe attracts the most attention. The presence of antioxidants in blue tea helps in fighting with aging signs. You can make an enchanting night cream out of blue tea. First, take a few leaves of blue tea and soak it in hot water for ten minutes. Then take the whole water along with the soaked tea and blend it into a mixture. Place this mixture in a glass container and mix a tea spoon of corn starch and give it a good mix. After this take this mixture in a steel container and place it into a hot boiling water. Keep stirring the mixture until it turns into a thicker one. After this take a tea spoon of aloe vera gel, a few drops of argan oil according to your preference and a few drops of vitamin E. and mix all these things well along with the tea mix. Now pour this miscellany into a fresh glass container. Your age-rejuvenating concoction is ready to bring your youth back.

Anti-wrinkle toner: For the antioxidant properties blue tea can be used for making a facial toner. Take a few leaves of blue tea and soak it in boiling hot water for ten minutes. Cover the container during this time so the flavor does not go away. After 10 minutes strain the tea leaves out and take the blue tea drink in a cup or a glass. Now take two spoon of aloe vera gel and a few drops of vitamin E and mix these with the liquor. The anti wrinkle toner is ready to use. Take this pour into a spray bottle and use it three to four times a day. Using these tones will help you to get a wrinkle free glowing skin.

Blue tea oil- blue Tea oil is an essential oil that helps in reducing pigmentation. First in a container take two tea spoon of olive oil and two tea spoon of coconut oil. Mix the oil well and put a few leaves of blue tea in it. Now take a container pour some water and

start boiling. Once the water starts boiling keep the container with the oil mix into it and start stirring it for 30 minutes. When the leaves get cooked well with the oil. Not strained it in a glass container and add a few drops of argan oil into it. The oil is ready to massage on the face. Daily use of this oil gives you a healthy pigment-free skin.

Blue tea will work effectively only if the tea is pure, fresh, and prepared properly. Westhillteas came up with the best quality of blue tea and a proper procedure for making it. From packaging to doorstep delivery, from maintaining exotic quality to offering the best appliance of making it, westhillteas pavilions it all.