Instructions :

**….English Breakfast**

Instructions: Steep 1 teaspoon of tea in 8 oz of boiling water (100°C / 212°F) for 3-5 minutes.

**Earl Grey**

Instructions: Steep 1 teaspoon of tea in 8 oz of boiling water (100°C / 212°F) for 3-5 minutes.

**Assam**

Instructions: Steep 1 teaspoon of tea in 8 oz of boiling water (100°C / 212°F) for 4-5 minutes.

**Vanilla Black Tea**

Instructions: Steep 1 teaspoon of tea in 8 oz of boiling water (100°C / 212°F) for 3-5 minutes.

**Chai**

Instructions: Steep 1 teaspoon of tea in 8 oz of boiling water (100°C / 212°F) for 5-7 minutes.

**Ceylon**

Instructions: Steep 1 teaspoon of tea in 8 oz of boiling water (100°C / 212°F) for 3-5 minutes.

**Sencha**

Instructions: Steep 1 teaspoon of tea in 8 oz of water at 75-80°C (167-176°F) for 1-2 minutes.

**Dragon Well (Longjing)**

Instructions: Steep 1 teaspoon of tea in 8 oz of water at 75-80°C (167-176°F) for 2-3 minutes.

**Matcha**

Instructions: Whisk 1-2 teaspoons of matcha powder in 2-3 oz of water at 70-75°C (158-167°F) until frothy.

**Gunpowder**

Instructions: Steep 1 teaspoon of tea in 8 oz of water at 80-85°C (176-185°F) for 2-3 minutes.

**Genmaicha**

Instructions: Steep 1 teaspoon of tea in 8 oz of water at 80-85°C (176-185°F) for 2-3 minutes.

**Jasmine Pearl**

Instructions: Steep 1 teaspoon of tea in 8 oz of water at 75-80°C (167-176°F) for 2-3 minutes.

**Peppermint**

Instructions: Steep 1 teaspoon or 1 tea bag in 8 oz of boiling water (100°C / 212°F) for 5-7 minutes.

**Chamomile**

Instructions: Steep 1 teaspoon or 1 tea bag in 8 oz of boiling water (100°C / 212°F) for 5-7 minutes.

**Lavender**

Instructions: Steep 1 teaspoon of tea in 8 oz of boiling water (100°C / 212°F) for 5-7 minutes.

**Ginger Turmeric**

Instructions: Steep 1 teaspoon or 1 tea bag in 8 oz of boiling water (100°C / 212°F) for 5-7 minutes.

**Hibiscus**

Instructions: Steep 1 teaspoon of tea in 8 oz of boiling water (100°C / 212°F) for 5-7 minutes.

**Lemon Balm**

Instructions: Steep 1 teaspoon of tea in 8 oz of boiling water (100°C / 212°F) for 5-7 minutes.

**Tie Guan Yin (Iron Goddess)**

Instructions: Steep 1 teaspoon of tea in 8 oz of water at 90-95°C (194-203°F) for 3-4 minutes

**Da Hong Pao (Big Red Robe)**

Instructions: Steep 1 teaspoon of tea in 8 oz of water at 90-95°C (194-203°F) for 3-4 minutes.

**Dong Ding**

Instructions: Steep 1 teaspoon of tea in 8 oz of water at 85-90°C (185-194°F) for 3-4 minutes.

**Formosa Oolong**

Instructions: Steep 1 teaspoon of tea in 8 oz of water at 85-90°C (185-194°F) for 3-4 minutes.

**Phoenix Dan Cong**

Instructions: Steep 1 teaspoon of tea in 8 oz of water at 90-95°C (194-203°F) for 3-4 minutes.

**Silver Needle**

Instructions: Steep 1 teaspoon of tea in 8 oz of water at 75-80°C (167-176°F) for 4-5 minutes.

**White Peony (Bai Mudan)**

Instructions: Steep 1 teaspoon of tea in 8 oz of water at 75-80°C (167-176°F) for 3-5 minutes.

**Darjeeling White**

Instructions: Steep 1 teaspoon of tea in 8 oz of water at 75-80°C (167-176°F) for 3-4 minutes.

**Pai Mu Tan (White Peony)**

Instructions: Steep 1 teaspoon of tea in 8 oz of water at 75-80°C (167-176°F) for 3-5 minutes.

**Shou Mei**

Instructions: Steep 1 teaspoon of tea in 8 oz of water at 75-80°C (167-176°F) for 4-5 minutes.

**Ceylon White**

Instructions: Steep 1 teaspoon of tea in 8 oz of water at 75-80°C (167-176°F) for 3-4 minutes.

**Benefits:**

*Black Teas*

**English Breakfast**

Why Should You Drink It: English Breakfast tea is a robust blend, perfect for starting your day with a boost of energy. Its rich and full-bodied flavor pairs well with milk and sugar, making it a versatile choice for breakfast or any time you need a strong pick-me-up.

**Earl Grey**

Why Should You Drink It: Earl Grey tea offers a distinctive flavor with the addition of bergamot oil, providing a fragrant and slightly citrusy note. It's a great choice for those seeking a refined and aromatic tea experience that can be enjoyed plain or with a touch of milk.

**Assam**

Why Should You Drink It: Known for its malty and strong flavor, Assam tea is an excellent choice for those who prefer a robust cup of tea. It's rich in antioxidants and can be enjoyed with milk and sugar, making it ideal for a hearty morning brew.

**Darjeeling**

Why Should You Drink It: Often referred to as the "Champagne of Teas," Darjeeling tea offers a delicate and complex flavor profile with floral and fruity notes. It's perfect for tea connoisseurs looking for a light and sophisticated cup that can be enjoyed without any additives.

**Chai**

Why Should You Drink It: Chai tea is a spiced tea blend that combines black tea with a variety of spices such as cinnamon, cardamom, and ginger. It's warming and comforting, making it perfect for cozy afternoons or as a flavorful alternative to coffee.

*Green Teas*

**Sencha**

Why Should You Drink It: Sencha is a popular Japanese green tea known for its fresh, grassy flavor and numerous health benefits, including high levels of antioxidants. It's an excellent choice for those seeking a refreshing and healthful beverage.

**Matcha**

Why Should You Drink It: Matcha is a powdered green tea rich in antioxidants and offers a vibrant, smooth flavor. It's great for a concentrated energy boost and can be used in various culinary applications, from traditional tea ceremonies to lattes and smoothies.

**Genmaicha**

Why Should You Drink It: Genmaicha combines green tea with roasted brown rice, giving it a unique, nutty flavor. It's a comforting and toasty tea that's perfect for those looking for something different and is often enjoyed as a relaxing afternoon tea.

**Jasmine Green**

Why Should You Drink It: Jasmine green tea is infused with the fragrance of jasmine flowers, providing a delicate floral aroma and flavor. It's a soothing and aromatic choice, ideal for unwinding after a long day or pairing with light meals.

**Gunpowder**

Why Should You Drink It: Gunpowder green tea is rolled into small pellets, which unfurl during brewing to release a strong and slightly smoky flavor. It's a robust green tea that offers a unique taste experience and is great for those who enjoy bolder teas.

*Herbal Teas*

**Peppermint**

Why Should You Drink It: Peppermint tea is naturally caffeine-free and offers a refreshing minty flavor. It's great for soothing digestive issues, relieving stress, and providing a cooling and invigorating experience.

**Chamomile**

Why Should You Drink It: Chamomile tea is known for its calming and soothing properties, making it an excellent choice for unwinding before bed. Its mild, floral taste is perfect for promoting relaxation and improving sleep quality.

**Lavender**

Why Should You Drink It: Lavender tea has a soothing and aromatic flavor that can help reduce stress and anxiety. It's perfect for creating a calming ritual and can aid in promoting a restful night's sleep.

**Ginger Turmeric**

Why Should You Drink It: Ginger turmeric tea combines the anti-inflammatory properties of turmeric with the digestive benefits of ginger. It's a spicy and warming blend that's great for boosting your immune system and overall health.

**Hibiscus**

Why Should You Drink It: Hibiscus tea is rich in antioxidants and offers a tart and tangy flavor. It's great for heart health, can help lower blood pressure, and provides a refreshing and vibrant tea experience.

**Lemon Balm**

Why Should You Drink It: Lemon balm tea has a subtle lemon flavor and is known for its calming effects. It's perfect for reducing anxiety, improving mood, and promoting relaxation.

*Oolong Teas*

Tie Guan Yin (Iron Goddess)

Why Should You Drink It: Tie Guan Yin oolong tea offers a fragrant and floral flavor with a smooth and creamy texture. It's a delightful choice for those who enjoy a delicate and aromatic tea experience with potential health benefits like improved digestion.

**Da Hong Pao (Big Red Robe)**

Why Should You Drink It: Da Hong Pao is a famous Chinese oolong known for its complex flavor profile with hints of roasted nuts. It's perfect for tea enthusiasts looking for a rich and deep-flavored tea with a legendary history.

**Dong Ding**

Why Should You Drink It: Dong Ding oolong tea from Taiwan offers a balanced taste with a lingering sweetness. It's great for those who appreciate a smooth and well-rounded tea that's perfect for multiple infusions.

**Formosa Oolong**

Why Should You Drink It: Formosa oolong tea is lightly oxidized, offering a floral and fruity aroma. It's ideal for those who enjoy a light and fragrant tea that's smooth and easy to drink.

**Phoenix Dan Cong**

Why Should You Drink It: Phoenix Dan Cong oolong tea is a single-origin tea with diverse flavor profiles ranging from fruity to floral notes. It's perfect for adventurous tea drinkers who enjoy exploring unique and complex tastes.

*White Teas*

**Silver Needle**

Why Should You Drink It: Silver Needle white tea is made from young tea buds and is known for its delicate flavor and silvery appearance. It's an excellent choice for those who appreciate a light and refreshing tea with high antioxidant content.

**White Peony (Bai Mudan)**

Why Should You Drink It: White Peony tea offers a mellow and slightly sweet taste with a mix of young buds and leaves. It's perfect for those seeking a gentle and soothing tea experience.

**Darjeeling White**

Why Should You Drink It: Darjeeling white tea is rare and characterized by floral and fruity notes. It's a refined choice for tea connoisseurs who enjoy a sophisticated and aromatic cup.

Pai Mu Tan (White Peony)

Why Should You Drink It: Pai Mu Tan white tea is a traditional Chinese tea with a subtle flavor and light golden liquor. It's ideal for those who prefer a delicate and calming tea.

**Shou Mei**

Why Should You Drink It: Shou Mei white tea has a mild and earthy flavor, made from more mature leaves. It's great for those who enjoy a smooth and woody taste in their tea.

**Ceylon White**

Why Should You Drink It: Ceylon white tea from Sri Lanka offers a delicate flavor and light body, making it perfect for gentle sipping. It's an excellent choice for those who appreciate a refined and subtle tea experience.

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