

Title:

Chinese Herbal Teas Explained

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Summary:

Chinese herbal teas are technically called Tisanes. These are recognized as infusions made herbs and not tea from the Camelia Sinensis plant. The essence of the herb is extracted when the tea is steeped in hot water.

Traditionally, the Chinese herbal teas are used for their medicinal and healing properties. However, there are many varieties that are also enjoyed simply for their taste. Today, these teas can be bought in China as the country produces an entire pharmacy of h...

Keywords:**Article Body:**

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The Benefits of Chinese Herbal Tea

One of the well-known benefits of Chinese herbal tea is that it offers the tea drinker caffeine free alternatives. Many of them are considered to be very soothing and comforting. The Rosebud and Chrysanthemum herbal teas are just two of them.

The Rosebud and Chrysanthemum teas are known in China as a woman's herb. However, it is also useful for aiding digestion. As noted, even a hardcore tea drinker will surely enjoy the flowery freshness of these miniature rosebuds. The Chrysanthemum in particular has a unique flavor. It has long been used to cool the body and reduce fever.

The Chinese herbal teas are even great beverages to have at night, especially when you might not want caffeine.

The Famous Flower Herbal Teas

There is a number of Chinese herbal tea varieties, one of those are the flower teas. These teas are caffeine free alternatives and offer various benefits. Most of them are calming and soothing, while offering a palatte of flavors.

Here are the most famous flower teas:

- Carnation Flower Tea - This is an attractive red flower tea which is said to help restore the energy of the body. It is also considered great for relaxing.
- Chrysanthemum Herbal Tea - This is but a top grade of the famous cooling tea infusion. It has a subtle sweetness and is highly refreshing.
- Gongju Herbal Tea - Another caffeine-free tea, which is smooth tasting. The whole flower is known for its soothing as well as relaxing attributes.
- Jasmine Bud Flower Tea - According to some experts, this Chinese herbal tea consists solely of the small and beautiful Jasmine flowers that have yet to open. This produces a caffeine-free and sweet brew.
- Forget Me Not Flower Tea - This is also caffeine-free and is said to aid the lungs. It brews a mild and grassy flavored tisane. And, it is known for its beautiful purple flowers.
- Yunnan Flower Bud Tea - As the name implies, this Chinese herbal tea grows in the old forests of Yunnan. This is considered a rare flower and is a local Yunnan drink that is caffeine free.
- Wild New York Ginseng - Here is another well-known Chinese herbal tea intended for those who appreciate the wild growing conditions in which the roots lived. It is said that because of the rugged wild conditions, each root has a unique appearance and personality. Some of these wild roots can be very small but also very old. There are also some larger roots that can be younger. Accordingly, these herbal roots lives for at least seven years and up.
- Kuding Pearl Tea - Many who have tasted this tea noted that this is a bitter tea. This variety is rolled into large pearls which are also called "one leaf tea" because of the size of the leaves. Others call it "one leaf" because one

needs only one leaf of this tea to heal a number of things. In addition, this is an ancient leaf and is deemed by many as an interesting herbal tea.