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The Miracle of Tea: Practical Tips for Health, Home and Beauty

By Penny Stanway

Watkins Media. Paperback. Book Condition: new. BRAND NEW, The Miracle of Tea: Practical Tips for Health, Home and Beauty, Penny Stanway, It's not just about Camomile or Earl Grey - there are so many different teas from around the world waiting to be discovered and experimented with, and which will do wonders for your beauty and your garden. Most importantly, Stanaway shows that teas are a key component of a healthy diet. The first chapter takes us through different the major tea types and varieties, a kind of Sibley's Guide to Teas. The rest of the book focusees on what we can do with teas, from tips on buying and storing them, to how to make use of them for caring for ourselves and our homes. Finally, there's a selection of the most delicious tea-containing recipes, carefully chosen to inspire and delight.



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Reviews

Complete guideline! Its this type of great read through. it absolutely was writtern quite perfectly and helpful. I am very happy to explain how this is basically the best book i actually have read through during my personal life and can be he very best book for at any time.

-- **Joshua Gerhold PhD**

A very awesome book with perfect and lucid reasons. It really is basic but shocks within the 50 percent of the book. Its been designed in an exceptionally easy way and is particularly merely right after i finished reading this ebook where in fact changed me, change the way i think.

-- **Meagan Roob**