



Tea for You: Blending Custom Teas to Savor and Share

Tracy Stern

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A cup of tea has been esteemed for centuries as the perfect way to relax in the company of good friends. *Tea for You* shares tips and ideas for creating personalized moments of delicious indulgence by making your very own customized teas to savor and share.

Tracy Stern knows everything there is to know about tea. A worthy guide, she breaks down the myriad options and explores the flavor profiles of tea, from black and oolong to green and white teas, as well as those of herbal teas, spices, and botanicals. Once you've chosen your ingredients, learn how to design signature blends for friends, family, or just for you by using Tracy's simple and creative ideas. Balance out smoky Earl Grey with floral chamomile, or mix cleanly flavored white tea with dried lavender and rose. Learn about the health benefits of ingredients such as guarana so you can better specialize your brew.

When it comes to uses for tea, Tracy's creativity blossoms into a wide range of inspirations. Discover tea-oriented recipes, such as Mint Tea Cookies Dipped in Chocolate, Chai Tea Scones, Red Tea and Rose Petal Popsicles, and even Green Tea Popcorn. Also included are relaxing spa and beauty treatments, such as bath blends and foot soaks that pamper your body as they invigorate your senses.

Steeped in beautiful photographs and winning gift ideas, *Tea for You* unlocks the secret delights of giving and enjoying the luxury of lovely hand-blended teas.



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Charles Holland:

In this particular era which is the greater person or who has ability in doing something more are more special than other. Do you want to become among it? It is just simple approach to have that. What you must do is just spending your time not very much but quite enough to experience a look at some books. One of several books in the top listing in your reading list is definitely Tea for You: Blending Custom Teas to Savor and Share. This book that is qualified as The Hungry Inclines can get you closer in growing to be precious person. By looking way up and review this publication you can get many advantages.

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