

INTRODUCTION TO TEA



TYPES OF TEA

- WHITE TEA
- HERBAL TEA
- GREEN TEA
- BLACK TEA
- OOLONG TEA

1. WHITE TEA

2. HERBAL TEA

- Chamomile
- Rooibos
- Peppermint
- Ginger
- Hibiscus

3. GREEN TEA

- Matcha

4. BLACK TEA

5. OOLONG TEA

TEA RECOMMENDATIONS

- Ginger Tumeric Tea & Peppermint Green Tea – Trader joes
- Tea huntress \$45.00 subscription box - <https://www.teahuntress.com/membership>
- Your Tea “Sleep Tea” - <https://yourtea.com/>
- Fellow Products - <https://fellowproducts.com/products/corvo-ekg?variant=29430961832051>