

DETOXING HERBAL TEAS

If it's time for a new and fresh start where one's figure and wellness need to recover, then a detox is in order! With a creative blend of herbs, detoxing this can be tasty and fun.



Holiday periods, celebrating or even being too stressed at work often mean one overdoes it on the junk food, puts on a few more kilos and neglects a well-balanced lifestyle. It's no wonder the body and mind struggle to maintain a healthy routine. For starters, the time has come to get back to nutritious eating. And a detox of herbal teas is just the right way to kick-start the body back to health.

Herbal teas have been used for their medicinal and healing properties for centuries. Not only do they provide the body with a great detox, but they are safe enough to incorporate into a healthy lifestyle. The added benefits go beyond those of the physical body, adding to one's overall well-being.

The best herbal teas are those made fresh. Keep a small herb garden or a few pots of your favourite flavours on a balcony or kitchen windowsill. Pick a few scented leaves daily and add to freshly boiled water. Strain once it has drawn. Sit in a tranquil space and enjoy the goodness!

Thymus citriodorus (Lemon Thyme), *Melissa officinalis* (Lemon Balm), *Matricaria recutita* (Chamomile), *Lavandula angustifolia* v. *angustifolia* (English Lavender), *Rosemarinus officinalis* (Rosemary) or *Mentha piperita* (Chocolate Mint) makes a good base for herbal tea infusions. Get experimental and combine your own flavours to suit your pallet and needs. It need not be bitter wither; add a bit of honey with a splash of fresh lemon juice for fresh sweetness.

It's not only the medicinal effects of the herbs that add to one's wellbeing ... the entire process of sourcing, making and sipping the infusion with an increasing appreciation acts as a remedy for body, mind and soul.

Pop into the nursery to stock up on herbs, tea pots and books on herbal teas.

