

HERBAL TEAS

Herbal teas have been used for their medicinal and healing properties for centuries. Not only do they provide for 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.



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.

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) 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.

Rosemarinus officinalis (Rosemary) is one of the most well-known herbs, and rightly so as it is an energiser of note! The prostrate variety, *R. lavadulaceus*, has light blue flowers. It aids circulation and is a natural anti-inflammatory. It grows well and is low maintenance. A daily dose of fresh rosemary tea works wonders if one suffers is stress, depression, anxiety or hair loss. The benefits of rosemary include improved concentration and memory.

There are, however, a huge variety of herbs and medicinal plants, each one with its own unique characteristics and properties. But it's not only the medicinal effects 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.