
Make a Custom Herbal Tea Blend with Arina from BellaCreme

Chapter 1 - Make a Custom Herbal Tea Blend

Overview

- I'm Arina Soler, Owner and Operator of BellaCreme, an all-natural skincare company operating out of the Hudson Valley. (gentle music) I love tea. I think it's an important part of a wellness practice. I think it is a great introduction to learning how to take care of your body and understanding exactly what you need. There are so many herbs and botanicals in the world that can contribute to your overall health and wellness, and this is where we start. I want to introduce you to your new favorite tea blend. (gentle music)

Materials

- The things you'll need to make your herbal tea blend are a stainless steel bowl, a set of mixing spoons or if you have tongs on hand, or any sort of salad spoons, fork, anything like that, you can use that as well. An airtight container, a measuring cup a set of tea bags, and for my tea blend I'm using elderberry, calendula and organic rose petals. Ideally, you'd love to source many of these materials your herbs, and your botanicals from your own garden. However, when this is not practical you can use a trusted source or an organically certified company to make your wellness blend tea.

How to choose your blend

- You're probably wondering why I would suggest that you make your own tea. Personally, I make my own tea because I just find it to be more convenient. And I feel as if someone else can make it then I can make it as well. I've chosen this particular blend because it is very supportive to the immune system and to the skin overall. Let's start with the rose. I have a couple of rose petals here. Add them to my bowl. I've chosen these organic rose petals because they're really good for cell regeneration. They have an awesome taste. They add a little bit of bitterness and a little bit of a neutral flavor that works well with the other ingredients. Half cup of calendula. This is also an organic ingredient. Calendula is really good for soothing the skin, soothing the body. So these two ingredients together, especially are going to potentiate the benefit of skin health. Last half a cup of elderberry. Elderberry is really good for immune support. It has a high vitamin C content and it adds a little bit of tart to the blend overall. These quantities are based on my taste preference but you can decide which ratio you'd like the herbs and botanicals that you add to your tea to have. Do your best to combine your ingredients as much as possible, especially when you're working with elderberry which has a different composition than the rose petal and the calendula and may tend to fall to the bottom of your jar. I have an airtight container here. However, you can choose to either store all of the tea loose into this jar or place the amount of tea that you want into each tea bag and save it for later. However, I suggested if you fill each tea bag you still store it in an airtight container. So it is okay to fill up each bag at this moment right now but always store your tea in an airtight container regardless of how you choose to package it. The amount that you put in each bag is going to be based on your preference and how much tea you want to drink for the day. Because remember you can have more than one use out of each teabag. Sometimes you can use a teabag two or three times. If you feel that's not something that you would like to do then feel free to put a small amount into the teabag to start. And that's a good way to understand what your preference is as well. If you put a small amount in and you decide, hey, you know what? This tea was so delicious

that I wanna have some more, you know, see how much use you get out of it. I'm going to fill up my jar with this beautiful tea blend which also makes a wonderful gift. And this is exactly what I was talking about. If you notice the elderberries are falling a little bit around, it's not a huge deal, but it's just something to consider when you determine how you want your tea. I always suggest mixing it in the bowl first. It makes it easier to do your best to get a nice even mixture. The elderberries add, as I mentioned prior, a nice tart flavor, but if you find you like the mute tone and bitterness of the rose, you may do more rose. If you find that you like just a very even keel taste like the calendula, you may do all calendula maybe some part of berry, but it's up to you. We can fill up the remainder, put it into these teabags. And again, you can store these in an airtight container. I just wanna show you a little bit of what it looks like when you fill it up completely or mostly versus what you would look and see for a smaller amount. Don't forget, if you decide to fill your tea bags now you have to store them in an airtight container. This will keep them fresh and flavorful when you're finally ready to use them. Now it's time for your tea. To brew your tea, you wanna steep it for five to 10 minutes. You're gonna add a tea bag, your hot water by covering it completely, and then you wanna cover your mug or your cup with something that is going to trap in the heat, for instance, a jar like this or a flat plate. Let's brew our tea. Don't forget. Cover your tea bag completely. So about a cup, maybe a little more. I'm a big tea drinker, so, and I'm a little thirsty, I like to use a lot of water and then cover it up. Allow it some time to steep and watch those beautiful colors. You'll have to mix it up a little bit once you pass the five to 10 minutes, but it'll be good. If you like, you can add a sweetener or not. You don't have to. The whole purpose of making your own tea blend is to decide which ingredients are going to be most palatable and most beneficial to your body.