

## **TEA BLENDING**

Tea blending is a specialty as part of the BHealthy BHappy healing work that is done by [Bella Donna](#). She has always personally used teas not only as a beverage, but for healing and balancing of the physical, mental and emotional self.

It is recognized that all people change with time, with seasons, with aging, with emotional aspects of themselves, etc, and as so, needs change. Based on a specific person at a specific time, different teas are offered as part of a treatment or service from Bella Donna, and also offered for sale.

## **TEA MAKING IS BOTH AN ART AND A SCIENCE**

Here is some information from [Souvia Tea](#) on making the most flavorful and enjoyable cup of tea.

For the perfect cup of tea the water quality is very important. Filtered- or spring water are best, however distilled water is not recommended since the lack of minerals produces a bland tasting infusion. It is also important to use fresh water as it has a higher oxygen content which improves the taste and the aroma of tea.

How much tea is needed per cup? In general, 2-3 grams of dry leaves should be used for 6 ounces of water which equals about one teaspoon per 6 ounces of water. Some varieties vary in weight, such as large leaf oolongs and whites and require 2 teaspoons per 6 ounces of water.

Next to high quality water and the right amount of dried leaves, it is the proper water temperature that lends the tea its final touch. While black, oolong and herbal teas require boiling water to bring out the best, green, white and green oolongs on the other hand fare better using slightly cooler water to preserve their flavor and to avoid a bitter after taste. If in a pinch and without a thermometer, the rule of thumb is, for black teas bring the cup to the kettle and for green and whites, bring the kettle to the cup! Our recommended steeping times:

<b>Tea</b>	<b>Water Temperature</b>	<b>Steeping Time</b>
<b>Black Teas</b>	210 F	3-5 minutes
<b>Dark Oolong*</b>	185F	1-3 minutes
<b>Green Teas (Japan or China)</b>	175-180 F	2-3 minutes
<b>Green Oolongs*</b>	185 F	1-2 minutes
<b>Herbal Infusions and fruit blends</b>	210 F	6-8 minutes