
SURPRISES, WELLNESS

TEA CAN SOOTHE YOUR SOUL + KEEP YOU HEALTHY

Posted 1 week ago by Elizabeth Dehn, Red Stamp Community



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I know what you're thinking. Because I'm a coffee drinker, too (soy latte to be specific). But I'm not suggesting for *one second* that you give up your cuppa. Rather, let's talk about why you need—and deserve!—a little more tea in your life. Tea can soothe your soul and improve your health.



There's something so therapeutic about the ritual of making and drinking a cup of tea. It's a simple act that can do wonders for your spirit and your body. Drinking a cup of tea forces you to slow down—and not just because it's hot! There are also some serious mind-body benefits to these blends that may be your best defense against this harried holiday season. When you start to feel extra frazzled this season, put on some water to boil, pull out your favorite mug, and curl up in a cozy chair for at least five minutes with a cup of something soothing. Bonus points for closing your eyes, taking a few deep breaths, and remembering that life is good, and you have everything you need.



You're bloated. Who isn't? Most of us are consuming mad quantities of carbs and cheese balls this time of year. I like to give my digestive system a day or two off in between holiday parties with a cleaner diet, hot yoga, and a daily cup of something to naturally banish the bloat, rev up the metabolism and keep things, um, moving. Teas to try: **The Republic of Tea Get Lost and Get Probiotic** (\$10.50 each), **Traditional Medicinals Smooth Move** (\$5)

Old Fashioned Is Thy Middle Name. Nothing goes better with that cheese ball than a glass of wine, or in my case—whiskey. But too many festive nights in a row will leave your body craving a serious time-out. If a juice cleanse isn't in the cards, oh popular one, sip on plenty of water plus a naturally detoxifying tea throughout the day. Teas to try: **Kosia Hydrate Tea** (\$10) **Kusmi BB Detox Tea** (\$19.50)

Your Skin Looks Sad. Stress, lack of sleep, the aforementioned holiday diet ... all of these can contribute to a less-than-glowing complexion. Beauty teas boast antioxidant-rich floral blends that calm nerves, strengthen skin and even help you sleep. I've often wonder if I sipped on these all day would I age backwards? Teas to try: **Miyu Beauty De-Stress Mi Beauty Tea** (\$16), **R.L. Linden & Co. Miss Tilly Rosalie's Beauty Tea** (\$24), **The Republic of Tea Get Gorgeous** (\$10.50)

Cheers! Elizabeth

Already have a favorite tea or interested in trying one of these? Leave a comment or tip about how you stay healthy and we'll select 5 lucky people to receive a sweet tea surprise in this **MN mug** you all seem to like so much! Here's to a happy, healthy + anything but bloated holiday season!

** Our **contest rules** apply to this giveaway. Contest end date has been extended to Sunday December 1, 2013 (from November 27).*

