

Tea Blending

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MINI COURSE

Tea Blending 101 Mini Course

Lesson 1: Getting Started With Herbal Tea

- Introduction
- Tea Blending 101 Introduction (VIDEO)
- What Is Tea?
- Benefits of Tea
- Sourcing Herbs For Tea
- Storing Your Herbs
- Drying Fresh Botanicals and Fruits (VIDEO)
- Tea Supplies
- Types of Herbal Tea Preparations
- Herbal Tea Preparations Walk-Through (VIDEO)

Lesson 2: Making Herbal Tea Blends

- Know Your Herbs
- 12 Common Herbs for Tea Blending
- Formulating Tea Blends Using the ABCs Formula
- Worry-Be-Gone Formulation: Part 1 (VIDEO)
- Putting The Final Touches on Your Herbal Tea Blend
- Incorporating Essential Oils into Tea Blends (VIDEO)
- Worry-Be-Gone Formulation: Part 2 (VIDEO)

Lesson 3: Everyday Tea Recipes

- Tea Blending Practices
- 12 Everyday Tea Recipes
- Turning Your Tea Blends into Herbal Electuaries (VIDEO)
- Let Your Tea Making Journey Begin!

