Jasmine tea, a graceful blend of floral and earthy notes, is more than just a beverage — it’s a moment of quiet mindfulness. Known for its soothing aroma and gentle properties, this tea is ideal for calming the senses and lifting the spirit.

What Is Jasmine Tea ?

Jasmine tea is traditionally made by infusing green tea leaves with the scent of fresh jasmine blossoms. The result is a subtly floral, lightly caffeinated tea that carries both the antioxidant benefits of green tea and the calming effects of jasmine.

How to Make Jasmine Tea: The Traditional Way

Ingredients:

- 1 tsp **jasmine green tea** (or jasmine-scented loose-leaf green tea)
- 1½ cups **hot water** (not boiling — around 80°C / 175°F)
- (Optional) ½ tsp **palm sugar** or a few drops of **coconut nectar**
- (Optional) **Fresh jasmine flower** for garnish (only if edible and pesticide-free)

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Method:

1. **Heat water** until it’s hot but not boiling.
2. **Add jasmine tea** to a teapot or infuser.
3. **Pour hot water** over the leaves.
4. **Steep** for 2–3 minutes.
5. **Strain** into a cup. Add natural sweetener if using.
6. **Serve warm** and inhale the aroma before sipping.

Ayurvedic Benefits

1. **Reduces stress** and balances the nervous system.
2. **Boosts digestion**, especially post-meal.
3. **Mildly detoxifying**, supporting liver function.

4. Jasmine is **tridoshic** when consumed in moderation — calming vata, balancing pitta, and lifting kapha.

Pro Tips from the Indian Kitchen

- Don’t over-steep — jasmine tea becomes bitter if brewed too long.
- Always **cover while steeping** to trap the essential oils.
- Use **filtered water** for the cleanest flavor.
- Jasmine tea can be **cold-brewed overnight** for a gentle summer drink.

❤ Why We Love Jasmine Tea

- Its aroma alone feels like meditation.
- It’s a gentle way to enjoy tea without overstimulation.
- It pairs beauty and health in every sip.
- It’s the perfect bridge between tradition and self-care.

Ideal For

- Morning or early afternoon sipping
- Times of emotional or mental fatigue
- Mindful routines and creative work
- Skin and digestive wellness rituals

