

Rose petal tea is a gentle, floral infusion cherished across cultures for its cooling, calming, and heart-opening qualities. Whether you're winding down after a long day or nurturing your inner glow, this tea is like sipping serenity.

## What Is Rose Peta Tea ?

It's a caffeine-free herbal infusion made from dried or fresh organic rose petals. Naturally fragrant and mildly sweet, rose tea is often used in Ayurveda to soothe [pitta](#), improve digestion, and uplift the emotional heart (hridaya).

## How to Make Rose Peta Tea: The Traditional Way

### □ Ingredients:

- 1 tablespoon dried rose petals (or 1/4 cup fresh, pesticide-free petals)
- 1½ cups filtered water
- (Optional) A pinch of cardamom or fennel for depth
- (Optional) ½ tsp palm sugar or rock sugar (avoid refined sugars)

### □ Method:

1. **Boil water** in a pan or kettle and turn off the flame.
2. **Add rose petals** and let them steep for 7-10 minutes, covered.
3. **Strain** into a cup.
4. **Add natural sweetener** if desired.

**Serve warm** or cool — both are delightful.

### □ Ayurvedic Benefits

1. **Balances [Pitta](#)** by its cooling nature.
2. **Soothes the heart and mind**; used in Ayurveda for emotional healing.
3. **Improves digestion** and relieves mild acidity.
4. **Gentle laxative** properties help with mild constipation.
5. **Promotes skin glow** due to its detoxifying effects.

## □ Pro Tips from the Indian Kitchen

- Use **Damask roses** or **wild pink roses** for the best fragrance and taste.
- Store dried petals in an airtight glass jar away from sunlight.
- Combine with tulsi or mint for a calming digestive blend.
- Don't over boil — steep gently to preserve aroma and nutrients.

## □ Why We Love Rose Peta Tea

- Because it tastes like poetry.
- Because it turns an ordinary moment into a sacred pause.
- Because it heals quietly — heart, gut, and soul.

## □ Ideal For

- Afternoon or evening sipping
- Pitta-dominant individuals
- Romantic self-care rituals
- Skin detox and emotional balance routines

