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 ¼ 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

