

# W88 Introduction

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There are many different ways to enjoy the almost endless variety of teas available. Here are nine ideas for making the most of your teatime.

## 1. On the Road

If you're going to use that cup holder, you should consider a refreshing cup of tea in place of that same-old-same-old morning coffee and, certainly, instead of syrupy afternoon soft drinks. Experiment with different teas (hot or iced) on your daily commute — it won't make the trip any shorter, but it will be more enjoyable.

## 2. With Your Kids

Kids are always up for a party — and that can include tea parties, too. Avoid caffeine with a kid-friendly tea like chamomile, and be sure you make enough for any extra dolls or teddy bears that might show up. With older kids, an invitation to a cup of tea and a snack can be a great conversation starter.

## 3. Outside

Whether it's a pick-me-up cup of black or oolong tea or a kick-back-and-relax honeybush tea, the natural ambiance of the outdoors can be the perfect complement to your brew. Sit in a quiet place where you can be alone with your thoughts, or plop yourself down in a bustling spot to people watch — either way, a little sun and fresh air will make a good cup of tea even better.

## 4. With the Queen

Okay, this one's going to be tough for everyone besides William and Harry. But even if you can't have tea with the Queen herself, you can have a British Afternoon Tea — traditionally served between four and five in the afternoon. The daily event usually calls for black tea served with milk (never cream).

## 5. At Mom's House

After all she's done for you, w88 you really should spend more time with your mother. Maybe you can invite yourself over for a cup of tea. If you bring the tea and brew it, she'll probably think that all the trouble you gave her when you were a kid was worth it. Moms are like that.

## 6. With Friends

You know this one already. Food and drink shared with those you care about is always a sure-fire winner. Catch up with an old friend over a cup of tea and a sweet treat. (Serve his or her favorite tea for an extra-nice touch.) Or invite the whole gang and celebrate — or create — a special event with a full-fledged herbal tea party!

## 7. At Home

There's nothing like the comforts of home when returning from time away at a job, travel or even a hectic day of errands. For many of us, one of those comforts is a hot, delicious cup of tea. Make it a ritual to brew a cup of your favorite tea when you walk in the door. Then, cup in hand, take some time to appreciate being home.

## 8. Sipping an Old Favorite

Anyone who has found a tea they really enjoy, and found exactly how they like it brewed, truly knows how comforting tea can be. Brewing and sipping a favorite tea or tea blend is a familiar and pleasant ritual that you can enjoy whether you're recharging or winding down. It's a no-calorie, good-for-you comfort food!

## 9. Trying Something New

We're not going to use the word "adventure" here — it is, after all, tea. But it's fair to say you might enjoy discovering something "different" and even "surprising" by looking into the types of teas available and trying some you haven't had before. Try the range of black to white teas, chai tea, and herbal teas to see what you like best.