FOR DETOXIFYING AND CLEANSING

Body cleansing teas are brimming with antioxidants and natural healing ingredients which work like digestive aids to cleanse the intestines and/or boost metabolism.

Best Cleansing Teas:
- Cleansing Tea - M-485
- Chinese Antioxidizing Green Tea - M-490
- Exotic Mango Nutritional Tea - M-494

FOR LOWERING CHOLESTEROL

Many teas can work to lower bad cholesterol (LDL cholesterol). Many compounds in these teas (like lovastatin in rooibos tea) lower cholesterol levels and regulate triglycerides.

Best Teas For Lowering Cholesterol
- Rooibos Tea (African Red Tea) - M-480
- African Hibiscus Tea - M-488
- Chinese Antioxidizing Green Tea - M-490
- Gourmet Black Seed Herbal Mint Tea - M-496

FOR CLEARER, HEALTHIER SKIN

Certain teas are filled with antioxidants that help to keep your skin clear and protected from pollution. Certain teas can even be used in your bathtub to help soothe and nourish your skin and reduce symptoms of eczema or psoriasis.

Best Teas For Your Skin:
- Chinese Antioxidizing Green Tea - M-490
- Exotic Mango Nutritional Tea - M-494
- Rooibos Tea (African Red Tea) - M-480
- Asian Lemongrass Medicinal Tea - M-492

FOR LOWERING STRESS AND ANXIETY

Certain teas have restorative nutrients and calming compounds that work to relax the senses, calm the mind, and even help you to have a good night’s sleep!

Best Stress-Relieving Teas:
- Chinese Antioxidizing Green Tea - M-490
- Asian Lemongrass Medicinal Tea - M-492
- Gourmet Black Seed Herbal Mint Tea - M-496