



BESTOW UNIVERSITY

KNOWLEDGE IS BEAUTIFUL

BESTOW ORGANIC TEAS

In this session I would like to introduce you to the Bestow Organic Tea Range. These beautiful herbal teas provide hydrating nutrition and each one has a specific role to play for skin health.

True to the Bestow philosophy, we encourage clients to embrace our 'Time for Tea, Time for Me' ritual to help them create moments of mini-retreat during their busy day.

The story behind the Bestow Organic Tea Range begins some years ago when I gave up coffee. I used to be addicted to coffee to power my busy life but it was hard on my nervous system and left me feeling wired.

Excess caffeine stresses your nervous system and increases blood pressure, making you feel irritable and agitated. It also increases the impact of adrenaline, your stress hormone - adding stress to stress. Once I realised what caffeine was doing to my body I gave it up. When I did, I discovered a much calmer me.

Since then, I have enjoyed exploring the colourful and therapeutic world of herbal teas. Whereas coffee depletes your body, herbal teas actually nourish and hydrate you.

A simple tea-break can give you an extra boost of anti-oxidants, calm and relax you, cleanse the body or give you a burst of energy. It all depends on which tea you choose.

At Bestow HQ, we gather to drink herbal tea together each morning and after-noon. We take turns making it, setting our vintage china on a silver-serving tray. It is a beautiful ritual, which gives us a joyful pause in our busy day. Nutritionally, it is a great opportunity to hydrate and get some added vitamins, minerals and phytonutrients.

It was important to me that my team and I drink organic tea and avoid the pesticides and chemicals that can creep into supermarket teas. When you think about how many teas you drink over a lifetime it's a little scary to add up how many nasty chemicals you end up taking into your body.

The best way to know what we were drinking was to develop our own quality range of organic herbal teas - so that's what we did!

While on holiday in Sri Lanka I was fortunate enough to find an established organic tea plantation that has become our supplier. The tea plantation is biodynamic and full of life. Cattle provide compost, wild camphor is used as an organic spray and the fragrance of tealeaves, basil and rosemary fills the air. Back home, I did some research and finally decided on three skin-friendly blends.

Eternitea

ETERNITEA is an anti-ageing blend of organic hibiscus and cinnamon. It has a pretty pink colour and a tangy, fresh flavour.

Hibiscus contains more anti-oxidants than any other tea. The anti-oxidants combat the ageing effects of free radicals in your body.

Cinnamon helps stabilise your blood sugar level, which is essential for anti-ageing. When your blood sugar levels are rocketing around it causes glycation. This is a process where oxidised sugar attaches to collagen molecules, and tangling the fibres. Cinnamon helps protect your skin against this process by keeping your blood sugar levels stable. If you have a sweet tooth I recommend you add cinnamon to your breakfast or smoothies to intensify this effect.

The best time of day to drink Eternitea is in the afternoon. Instead of reaching for a sugary treat at 3pm, enjoy this stabilising tea with a handful of nuts to sustain you through to dinnertime.

It's also a lovely little mid-afternoon break.

Puritea

PURITEA is a blend of organic turmeric, ginger, lemongrass and cinnamon. It has a bright, yellow colour and mellow, earthy taste with a subtle lemongrass zing.

Each of these ingredients has well-being benefits.

Turmeric aids your liver's natural purification processes, helping your skin to become clearer and brighter.

Ginger lowers blood sugar levels and has anti-inflammatory properties.

Lemongrass is a diuretic, which means it supports the kidneys in flushing out wastes and toxins.

And lastly, cinnamon also helps to regulate your blood sugar, protecting your collagen from glycation.

A healthy liver and kidney purify the body of toxins which can cause dull skin. That's why this blend is called Puritea.

Drink Puritea morning or afternoon for a purifying pick-me-up and to brighten your day.

Generositea

GENEROSITEA is a tea with a difference and it's very special to me. Let me briefly tell you the story and the purpose of this tea.

My amazing sister, Denise Arnold, has been caring for vulnerable children in rural Cambodia since 2008, through her charity the Cambodia Charitable Trust. My sister Robyn and I financially support the work that Denise does and for years now, I have wanted to create an opportunity for all of you to be part of our little sisterhood of support. And finally, we have done it.

In 2017, we launched a charitable arm of Bestow called the Bestow Sisterhood.

The Bestow Sisterhood is a collective of beauty therapists from around Australasia who are creating a brighter future for vulnerable girls in Cambodia by supporting their education.

Many clinics have chosen to sponsor a 'little sister' in Cambodia, and many more are selling Generositea - the official Bestow Sisterhood tea. All the Bestow profits from Generositea go directly to the Trust to support their education and health projects.

This refreshing, rose-coloured tea is a blend of lemongrass, peppermint, hibiscus, cinnamon and cardamom. Peppermint supports healthy digestion which is reflected in clear, radiant skin. It is also a natural sedative and helps to relax the body and calm the mind.

Lemongrass aids detoxification and is a good source of vitamins and minerals. This Asian scent and flavour also makes us think of our Cambodian sisters. So, each time you take a sip of Generositea you will be reminded that you are part of a sisterhood of women who are supporting the well-being of girls in Cambodia.

We hope you enjoy this tea, and thank you for YOUR generosity.

I'm pleased to introduce you to the Bestow Teapot - the perfect accessory to your Bestow Herbal Teas. We love this teapot at Bestow HQ and use it everyday at morning tea. It is beautifully crafted from glass and stainless steel and holds four cups of tea.

At our clinic, Lox, we have the teapot bubbling away all day with a little candle burner so clients can help themselves to a warming tea in our reception room.

Little self-care rituals like this are beautiful habits that can really make a difference to your wellbeing and to your skin over your life time.

A tea on the run only offers you half the benefits. We encourage you and your clients to embrace the Bestow 'Time for Tea, Time for Me' Ritual as a way of building mini-retreats into your busy day. This relaxing ritual helps you to intro-duce a healthy self-care rhythm, which is so important in pursuing a life of wellness.

It's a very simple ritual.

- Put the kettle on.
- Select a beautiful teacup to enjoy your tea in.
- Put half a teaspoon of your chosen Bestow Organic tea into the Bestow Tea Infuser
- Put the infuser in the cup and add boiling water.
- While you wait for your tea to steep, take 5 deep, SLOW breaths. Put your hands on your belly and feel your belly rise and fall as you breathe. Breathing deeply puts your body into the parasympathetic nervous system, which is your rest and repair mode.
- Sit quietly and sip your tea slowly, staying present in the moment.

A short tea break, when done with intention, can be a very helpful way of relax-ing and rejuvenating.

It was very important to me that Bestow teas were sourced from a supplier that was fair to all of the people involved in producing it. Many of the workers in tea plantations in third-world countries are poorly paid, and treated like second-class citizens.

The Sri Lankan company who supply our tea operate a fair-trade business model. This means they pay their workers a living wage, provide housing and make sure they have access to medical services and education. For me it is not about beating the supplier down to get the bottom dollar but paying a fair price for a good quality product that is produced ethically.

So every time you stop to enjoy a cup of Bestow herbal tea know that your tea break is helping a community in Sri Lanka to thrive.

I'll drink to that :)



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