



## BESTOW UNIVERSITY

KNOWLEDGE IS  
BEAUTIFUL

### BESTOW HERBAL TEAS | HYDRATING NUTRITION

- Herbal teas nourish and hydrate your body and skin.
- Each Bestow herbal tea has specific therapeutic skin benefits.
- A cup of tea can give you a boost of antioxidants, calm, cleanse or energise you. It all depends which tea you choose!

### BESTOW ORGANIC TEA | KEY LEARNING POINTS

*Bestow Organic Herbal Teas provide hydrating nutrition for beautiful, healthy skin.*

The beautiful Bestow herbal teas provide hydrating nutrition and each one has a specific role to play for skin health.



### COFFEE IS NOT YOUR FRIEND

- Excess caffeine stresses your nervous system and increases blood pressure, making you feel irritable and agitated.
- Caffeine also increases the impact of adrenaline, your stress hormone - adding stress to stress.
- Coffee depletes your body of key nutrients.

### BESTOW HERBAL TEAS ARE ORGANIC

- Supermarket brands of herbal tea often include heavy metals, pesticides and chemicals.
- Bestow Herbal Teas are supplied from an organic tea plantation in Sri Lanka which is biodynamic and chemical free.

### BESTOW HERBAL TEAS ARE FAIR TO ALL

- Many third-world tea plantation workers are poorly paid and treated like second class citizens
- Our Sri-Lankan supplier operates on a fair-trade business model.
- They pay their workers a living wage and provide access to medical services and education.
- Your tea-break is helping a community in Sri Lanka to thrive!



BESTOW



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### PURITEA | BRIGHTEN YOUR DAY

100% organic blend of turmeric, ginger, lemongrass and cinnamon

flavour + colour

A bright, yellow colour and mellow, earthy taste with a subtle lemongrass zing.

Turmeric aids liver detoxification, helping your skin to become clearer and brighter.

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

Lemongrass supports the kidneys in flushing out wastes and toxins.

Cinnamon helps regulate blood-sugar, protecting against glycation.

Best Time of Day: Drink morning or afternoon for a purifying pick-me-up and to brighten your day.

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



### ETERNITEA | YOUR ANTI-AGEING TEA

100% Organic Hibiscus and Cinnamon

flavour + colour

A pretty pink colour and a tangy, fresh flavour with a hint of cinnamon.

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

Cinnamon helps to stabilise your blood sugar, which is essential for anti-ageing. Unstable blood sugar causes glycation, which destroys collagen. Cinnamon protects your collagen by keeping blood sugar levels steady.

Best Time of Day: Drink in the afternoon.

This tea has anti-ageing therapeutic benefits to keep skin looking youthful for longer. That's why this blend is called Eternitea!



### GENEROSITEA | THE BESTOW SISTERHOOD TEA

Generositea is a tea with a difference. It is the official Bestow Sisterhood tea.

The Bestow Sisterhood is the charitable arm of Bestow, supporting the wellbeing of vulnerable girls in Cambodia by supporting their education. All Bestow profits from the sale of Generositea go to support Cambodian projects.

Refreshing blend of lemongrass, peppermint, hibiscus, cinnamon and cardamom

flavour + colour

Beautiful pale rose colour and refreshing Asian flavour and scent.

Lemongrass aids detoxification and is a good source of vitamins and minerals.

Peppermint supports healthy digestion and is also a natural sedative which helps to relax the body and calm the mind.

Best Time of Day: Anytime.

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. Thank you for your generous support.



WHO IS IT FOR?

All of your clients will benefit from Bestow Organic Herbal Teas.

TIME FOR TEA | TIME FOR ME RITUAL

Encourage your clients to embrace this simple ritual as a self-care rhythm in their busy lives.

Put the kettle on. Select a beautiful tea cup to enjoy your tea in.

Put half a teaspoon of your chosen Bestow Organic tea into the Bestow Tea Infuser. Steep for five minutes.

While you wait for your tea to steep, take give slow, deep breaths. Put your hands on your belly and feel your belly rise and fall as you breathe all the way down.

Sit quietly and sip your tea slowly, savouring this little joyful pause.

