

The Simple Herbal Tea Guide

Brew a better cup, every time — from Herbal Impact

A good cup of herbal tea is one of life's easiest pleasures. Get the little things right — the right amount, the right water, the right time — and every cup tastes better and feels more soothing. Here is your simple, no-fuss guide.

The 4 simple rules

1. Measure

Use about 1 teaspoon of dried herbs (or a small handful of fresh) per cup.

2. Heat

Bring water to a gentle boil, then let it settle for a moment before pouring.

3. Steep

Cover your cup and let it rest — flowers and leaves 5 minutes, roots and bark 8–10 minutes. Covering keeps the goodness in.

4. Sip

Strain, add a little honey or lemon if you like, and enjoy slowly.

Which tea, and when

Ginger	Warming — lovely after meals or on a cool morning.
Mint	Cooling and refreshing — great any time of day.
Lemongrass	Bright and calming — a gentle afternoon lift.
Hibiscus	Tart and vibrant — refreshing hot or over ice.
Chamomile	Soft and soothing — a quiet cup before bed.

Little tips for the best cup

Store herbs in a sealed jar away from light · use fresh, good-quality water · don't over-steep delicate flowers or they turn bitter · re-steep sturdy roots for a lighter second cup.

This guide is for general wellness information and encouragement only. It is not medical advice, and herbs are not medicines — they do not cure, treat, or prevent any disease. Please speak to a qualified health professional before starting anything new, especially if you are pregnant, breastfeeding, taking medication, or managing a health condition.

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