HIS ORGANICS®

THE BOTANICAL TEA RITUAL GUIDE™

The Art of Preparing, Understanding & Enjoying Loose-Leaf Tea

WELL LIFE LIBRARY • VOL. 01

Rooted in Nature. Nurturing Wellness.

Welcome to the Ritual

Tea can be simple: leaves, water and a cup. Yet when we prepare it with care, an ordinary cup can become a meaningful pause in the day.

At HIS ORGANICS®, we believe wellness is something we tend. The way we nourish the body, create space for rest and care for our everyday rhythms matters. Tea is one small, beautiful way to practice that intention.

This guide was created to help you understand loose-leaf tea, prepare it well and develop rituals that fit naturally into your life. You do not need an elaborate setup. Begin with good tea, clean water and a few quiet minutes.

A WELL LIFE IS TENDED.
Not through perfection, but through intentional choices practiced over time.

Use this guide as a reference. Make notes. Experiment with steeping times. Discover the botanicals and flavors you enjoy. Most importantly, let the ritual serve your life—not complicate it.

The HIS ORGANICS Approach to Tea

We approach tea as both a botanical product and an experience. Quality ingredients matter, but so does the way they are prepared, enjoyed and incorporated into daily life.

Our tea philosophy is built around four simple ideas:

QUALITY. Choose thoughtfully sourced tea leaves, herbs, flowers, fruits and spices.

PREPARATION. Respect the ingredient with appropriate water temperature, measurement and steeping time.

RITUAL. Create enough space to notice what you are drinking rather than consuming it on autopilot.

INTENTION. Choose a cup that complements the time of day and the experience you want to create.

Tea should never feel intimidating. Once you understand a few fundamentals, you can prepare an excellent cup consistently.

Tea, Tisane & Botanical Infusion

Not every beverage commonly called “tea” comes from the tea plant.

True tea is made from Camellia sinensis. Black, green, white and oolong teas all come from this plant. Their differences are created largely through harvesting and processing.

Herbal teas are more accurately called tisanes or botanical infusions. They may contain flowers, leaves, roots, bark, fruit, seeds or spices and are naturally caffeine-free unless blended with a caffeinated ingredient.

WHY IT MATTERS

Knowing what is in your blend helps you choose the right water temperature, steeping time and time of day to enjoy it.

A Simple Guide to Tea Types

BLACK TEA
Full-bodied and oxidized. Often robust, malty or brisk. It generally tolerates hotter water and pairs well with bold botanicals and spices.

GREEN TEA
Fresh, grassy, vegetal or gently sweet. More delicate than black tea and best prepared with cooler water to reduce bitterness.

ROOIBOS
A naturally caffeine-free South African botanical with a smooth, softly earthy character. It works beautifully with fruit, vanilla, spice and floral notes.

HERBAL & BOTANICAL
A broad category that can include hibiscus, mint, chamomile, ginger, lemongrass and many other plants. Preparation varies by ingredient.

Blended teas may combine more than one category, so always follow the preparation instructions provided for the specific blend.

Understanding Caffeine

Black, green, white and oolong teas naturally contain caffeine because they come from Camellia sinensis. Herbal infusions and rooibos are generally caffeine-free unless a caffeinated ingredient has been added.

The amount of caffeine in a finished cup varies. Tea type, leaf quantity, water temperature and steeping time can all influence extraction.

YOUR RHYTHM MATTERS

If caffeine affects your sleep, reserve caffeinated teas for earlier in the day and choose a naturally caffeine-free botanical blend for your evening ritual.

This guide is educational and is not medical advice. If you are pregnant, nursing, taking medication or managing a health condition, discuss frequent or therapeutic use of herbs with an appropriate healthcare professional.

The Art of Preparation

A beautiful loose-leaf tea does not require complicated equipment. The fundamentals are simple: fresh water, the right amount of tea, appropriate heat and enough time for the ingredients to infuse.

Your basic tea kit can be as simple as:

A kettle

A cup or teapot

A tea infuser or fine strainer

A teaspoon or small scale

Fresh, good-quality water

Your loose-leaf tea

START SIMPLE.
Good preparation matters more than owning elaborate tea equipment.

Water Matters

Water makes up nearly the entire cup, so its quality affects flavor. Use fresh, clean water with a pleasant taste. Water that is heavily chlorinated or has a strong mineral flavor can compete with delicate tea notes.

Avoid repeatedly boiling the same kettle of water. Begin with fresh water whenever practical.

Temperature also matters. Water that is too hot can make delicate tea taste harsh, while water that is too cool may leave stronger ingredients under-extracted.

Measure • Heat • Steep

TYPE	STARTING AMOUNT	WATER	TIME
Black tea	1 tsp / 8 oz	200–212°F	3–5 min
Green tea	1 tsp / 8 oz	170–185°F	2–3 min
Rooibos	1–2 tsp / 8 oz	200–212°F	5–7 min
Herbal infusion	1–2 tsp / 8 oz	200–212°F	5–10 min

These are starting points rather than rigid rules. Ingredient size, density and blend composition vary. Follow the directions on your tea package when they differ from this chart.

If a cup tastes weak, adjust the amount of tea before dramatically extending the steep. If it tastes bitter or overly astringent, reduce the temperature or steeping time.

Hot Infusion

1. Heat fresh water to the temperature appropriate for your tea.
2. Measure the loose-leaf blend into an infuser or teapot.
3. Pour the heated water over the tea.
4. Cover when appropriate, especially for aromatic herbal blends.
5. Steep for the recommended time.
6. Remove or strain the botanicals.
7. Taste before adding sweetener, milk, citrus or other additions.

NOTICE THE CUP.
Before changing it, notice the aroma, color and first taste. This helps you learn the character of the blend.

Cold Infusion

Cold infusion creates a smooth, refreshing cup and can soften some of the sharper notes found in hot-brewed tea.

1. Place the appropriate amount of loose-leaf tea in a clean covered container.
2. Add cold, fresh water.
3. Refrigerate while the tea infuses.
4. Strain completely before drinking.
5. Keep the finished tea refrigerated and use good food-safety practices.

Because blends vary widely, begin with the package directions for quantity and infusion time. Do not leave prepared tea sitting at room temperature for extended periods.

Common Brewing Mistakes

TOO MUCH HEAT. Delicate tea can become bitter when prepared with boiling water.

TOO LITTLE TEA. A weak cup is often a measurement issue rather than a steeping-time issue.

OVER-STEEPING. Longer is not always better. Some teas become increasingly bitter or astringent.

CROWDING THE LEAVES. Loose leaves and botanicals need enough room for water to circulate.

MASKING THE CUP TOO QUICKLY. Taste the tea before adding sweeteners or cream. Learn the blend first.

USING STALE TEA. Air, light, moisture and heat gradually diminish aroma and flavor.

Know the Botanicals

Botanicals bring color, aroma, texture and character to a tea blend. The notes below describe culinary and traditional tea use rather than promise medical outcomes.

HIBISCUS — Deep ruby infusion; bright, tart and fruit-forward. Excellent hot or iced and often balanced with naturally sweeter fruits or herbs.

SPEARMINT — Cool, fresh and gently sweet with a softer profile than peppermint. Adds lift and clarity to botanical blends.

BUTTERFLY PEA FLOWER — Known for its striking blue infusion. Mild and earthy in flavor. Its color can shift toward violet when an acidic ingredient such as lemon is added.

ROOIBOS — Smooth, naturally caffeine-free and softly earthy. A versatile base for warm, fruity, floral and dessert-inspired blends.

GINGER — Warm, aromatic and gently spicy. A small amount can add noticeable heat and depth.

LEMONGRASS — Fresh, citrus-like and clean. It brightens blends without the acidity of actual citrus juice.

CHAMOMILE — Soft, floral and apple-like. Frequently used in gentle evening blends.

ROSE — Fragrant and floral. Best used with restraint so it complements rather than dominates a blend.

Build the Ritual

A ritual does not have to be complicated to be meaningful. It is simply a repeated practice given a little more attention.

Rather than asking, “What should my tea ritual look like?” begin with a better question:

WHAT DO I NEED FROM THIS MOMENT?
Energy? A pause? Warmth? Quiet? A transition between work and home? A gentle way to end the day?

Then choose your tea, cup, environment and pace accordingly.

The Morning Cup

Morning tea can become a gentle point of orientation before the demands of the day begin.

CHOOSE. Select a tea appropriate for your morning and caffeine preference.

PREPARE. Give the water time to heat and the tea time to steep correctly.

SIT. Even five unhurried minutes can change the feel of the morning.

NOTICE. Pay attention to the aroma, warmth and flavor rather than drinking while distracted.

BEGIN. Carry one clear intention into the next part of your day.

The Midday Pause

The middle of the day is often when we stop paying attention to ourselves. A cup of tea can become a simple transition point.

Step away from the screen if possible. Refill your water. Prepare your tea. Take several quiet minutes before returning to the next responsibility.

THE GOAL IS NOT TO ESCAPE YOUR DAY.
It is to return to it more intentionally.

The Evening Cup

Evening rituals help signal that the active part of the day is coming to a close.

Choose a naturally caffeine-free blend when appropriate. Lower the lights. Put away unnecessary stimulation. Prepare the tea slowly. Pair it with reading, journaling, a warm bath or a few minutes of quiet.

The cup itself does not create rest. It can, however, become part of an environment that makes rest easier to practice.

Create Your Tea Space

You do not need a dedicated tea room. A small tray, shelf or cabinet can hold everything necessary for an intentional tea ritual.

Consider keeping together:

• Your favorite loose-leaf teas

• A kettle

• Infuser or strainer

• Measuring spoon

• A favorite cup

• Tea towels or napkins

• A small journal or tasting notes

Keep tea away from excessive heat, moisture, light and strong odors. Close packages securely after each use.

Tea & Journaling

Tea and reflection pair naturally because both ask us to slow down long enough to notice.

You do not need a long journaling practice. Begin with one question:

What needs my attention today?

What am I grateful for in this moment?

What can I release from today?

What would help me live well tomorrow?

What am I noticing about my current rhythms?

KEEP IT SIMPLE.
The purpose is awareness, not another task to complete.

My Tea Notes

TEA / BLEND

DATE & TIME

WATER TEMPERATURE

STEEP TIME

AROMA

COLOR

FLAVOR

WHAT I NOTICED

WHAT I WOULD CHANGE NEXT TIME

WOULD I PREPARE THIS AGAIN?

My Tea Notes

TEA / BLEND

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WHAT I NOTICED

WHAT I WOULD CHANGE NEXT TIME

WOULD I PREPARE THIS AGAIN?

CLOSING

A Well Life Is Tended

Living well is rarely built through one dramatic decision. More often, it is shaped through the small choices we return to again and again.

Drink the water. Prepare the nourishing meal. Take the walk. Create room for rest. Brew the tea. Sit for a moment. Pay attention.

These practices are not about creating a perfect life. They are ways of tending the life already in your hands.

LET THE RITUAL REMIND YOU:
Wellness deserves your attention, and small acts of care still matter.

Thank you for allowing HIS ORGANICS® to become part of your well life.

HIS ORGANICS®

Rooted in Nature. Nurturing Wellness.

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