




♦ Product name	Ayurveda Chai Tea
♦ Selling Size	80g / 2.7 oz
♦ Moon phase	Daily
♦ How to use	Pour 1 liter boiling water over 1- 2 heaping teaspoons of the Ayurveda Chai Tea and let leave to stand for 5 minutes before straining. Add a dash of foamed soy milk (almond milk, rice milk), sweeten with a spoonful of honey and spice it up with a pinch of cinnamon. Store closed in a cool and dry space.
♦ Ingredients	Mate tea*, ginger*, fennel seeds*, anise seeds*, star anise*, carnations*, cinnamon*, ginseng*, orange peel*, white rosebuds* – *organic cultivation
♦ Ingredients and effects	 <p>Indian national beverage from the ancient Ayurveda health principles. Instead of black tea we combine various spices such as ginger, cinnamon, carnations, fennel and anise with mate tea (a healthy alternative to coffee, as mate tea contains vitamins, minerals and phytochemicals).</p> <p>The chai recipe originates in the Ayurveda health principles, in which these spices are firmly establishes. However, there is no fixed recipe for the preparation of chai tea and almost every single Indian family hat their own variation; carnations, fennel seeds, anise, ginger and cinnamon build the core element of most spice mixtures. According to the Ayurveda health principles these spices have a vitalizing effect. They kindle life energy and the digestive fire “agni”.</p>
♦ Psychological effect (scent)	Vitalizing, metabolism enhancing, digestive
♦ Effects on body & soul	Chai tea is based on the traditional knowledge of the Indian health principles. According to these every medical plant affects the body on the one hand and the spirit on the other. The spices comprised in the chai tea are supposed to provide new energy and enhance vitality. Ginger is said to be good for digestion. In addition to this effect cinnamon also is said to strengthen the immune system. When drinking Chai tea, you get revived without feeling an inner restlessness.