



A little more about Bestow Teas

Organic

Bestow herbal teas are 100% organic, sourced from on an established organic tea plantation in Sri Lanka. They do not use any nasty pesticides, chemicals and heavy metals in the cultivation or harvesting of their plants. The plantation is biodynamic and full of life. Organic cattle provide compost and wild camphor grows in the hedgerows as a source of organic spray.

Produced Ethically

Many workers in tea plantations in third-world countries are poorly paid and treated like second-class citizens. The Sri Lankan company who supplies our tea operate with 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. At Bestow Beauty, we believe in paying a fair price for a good quality product that is produced ethically.

The Bestow 'Time for Tea | Time for Me' ritual

A simple ritual as a self-care rhythm in your busy life. 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. Steep for five minutes.

While you wait for your tea to steep, take five 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, enjoy this little joyful pause.

The Benefits of Curbing Your Caffeine for Beautiful Skin

- A calmer you. Excess caffeine stresses your nervous system and increases blood pressure, making you feel irritable, agitated or even depressed.
- Improved hydration. Your skin and body will look and feel more radiant without the dehydrating effects of caffeine.
- Calmer, clearer skin. Caffeine tends to weaken the delicate capillaries on your face, especially for those with sensitive or reddened skins.
- Improved digestion. Caffeine can dilute digestive juices.
- Improved absorption of nutrients. Caffeine can deplete essential skin-enhancing vitamins and minerals such as calcium, magnesium, sodium, potassium, vitamin B complex and vitamin C.