

# Steeped in Tradition

By Linda Bertaut, Bertaut Beauty

**T**ea is a cultural tradition that became a social ritual. It is the ideal beverage to warm the soul and share hospitality with clients. Winter

is the time to go within and reflect, while February is the month for love. These recipes will add warmth, sweetness and love to your spa ambiance.

Now is the perfect time to introduce a warming beverage to discover the joys of herbal teas, honeys and gemstone infusions. With a few good herbs and imagination, you can become the tea master at your spa.

## Rose Petal Tea

Allow love to blossom with this recipe for Rose Petal Tea. Let clients take time to taste the rose. Ignite their sensory nature with the ultimate aphrodisiac of flowers. Try pink petals for love, orange petals for creative passion and red petals for energy and vitality. This tea not only tastes divine, it is an elegant way to show your clients you care about them and their experience in your spa.

### Ingredients:

- ½ cup dried mullein
- ½ cup fresh peppermint leaves
- 2 tablespoons dried organic rose petals
- 1 tablespoon dried red clover
- 8 rose hip pods
- 7½ cups hot water
- 1 teaspoon honey or agave nectar
- ¼ oz. rose water
- 1 teaspoon rose ice cream (optional)

**Directions:** Using an 8-cup French coffee press, remove the press from glass container. Place dried and fresh herbs into the bottom of the container and fill with hot water, leaving 1-1½ inches at the top. Slowly guide your press to the bottom of the container. Steep for five minutes.

Place honey or nectar in a cup and fill with rose petal tea. Add rose water and stir. Add rose ice cream if desired and enjoy.



## Gemstone Infusions

Stones can be incorporated into teas. A few examples are:

- Rose quartz, “the love stone,” infuses herbs and beverages with love.
- Anturine finds peace within your heart, softening the protective shell and allowing forgiveness for past hurts.
- Fluorite infuses you with intuition and feelings to know, and follow, your heart’s desire.
- Carnelian fuels you with passion for creativity.
- Red Jasper grounds and stimulates you into action to focus and move forward.
- Citrine is the sun in a stone, inspiring you to show up and shine.

Gemstones must be washed in warm, soapy water and rinsed well before adding to teas. Place in bottom of cup, add tea and let sit. Remove gemstone before drinking tea.

## Ginger Honey

### Ingredients:

- 2 cups honey
- 1 cup ginger root, peeled and sliced

**Directions:** Place honey and slices of ginger root in saucepan. Using a candy thermometer, heat to 98.6° F. Cool. Add a teaspoon or more to taste to cup of hot water and serve.

## Herbal Honey

### Ingredients:

- 1 cup honey
- 1/3-1/2 cup dried herbs, such as lavender, lemon balm, sage, rosemary or chamomille

**Directions:** Place honey in saucepan. Using a candy thermometer, heat to 98.6° F. Add dried herbs, remove from heat and stir.

Let herbal honey sit for 30-60 minutes. Reheat to liquid consistency. Strain through a fine mesh strainer or clean, muslin fabric. Pour strained honey directly into decorative bottles, label and let cool. ✂



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