

THERAPEUTIC TEA GUIDE

By RTB Spa

HYDRATION TEAS

1. Cucumber Mint Tea

Benefits: Natural hydration, electrolyte balance

Preparation: Steep fresh cucumber slices and mint leaves in hot water for 5-7 minutes

Daily serving: 2-3 cups

2. Watermelon Basil Tea

Benefits: Natural electrolytes, vitamin C, hydration

Preparation: Infuse watermelon chunks and fresh basil in hot water for 5 minutes

Daily serving: 2-3 cups

3. Coconut Water Green Tea

Benefits: Electrolytes, antioxidants, natural hydration

Preparation: Blend green tea with coconut water (1:1 ratio)

Daily serving: 2 cups

WEIGHT LOSS TEAS

1. Green Tea

Benefits: Boosts metabolism, fat oxidation

Active compounds: EGCG, caffeine

Best time to drink: Morning or pre-workout

Daily serving: 2-3 cups

Steep time: 2-3 minutes at 175°F

2. Oolong Tea

Benefits: Fat burning, metabolism boost

Active compounds: Polyphenols, caffeine

Best time to drink: Mid-morning or early afternoon

Daily serving: 2 cups

Steep time: 3-5 minutes at 185°F

3. Pu-erh Tea

Benefits: Fat breakdown, improved digestion

Active compounds: Theabrownin

Best time to drink: After meals

Daily serving: 1-2 cups

Steep time: 4-5 minutes at 195°F

4. White Tea

Benefits: Prevents new fat cell formation

Active compounds: Catechins

Best time to drink: Morning

Daily serving: 2-3 cups

Steep time: 1-3 minutes at 175°F

LIVER DETOX TEAS

1. Dandelion Root Tea

Benefits: Supports liver function, natural detoxification

Active compounds: Taraxacin

Best time to drink: Morning or before meals

Daily serving: 1-2 cups

Steep time: 5-10 minutes

2. Milk Thistle Tea

Benefits: Liver protection, regeneration

Active compounds: Silymarin

Best time to drink: Between meals

Daily serving: 2-3 cups

Steep time: 5-7 minutes

3. Turmeric Tea

Benefits: Anti-inflammatory, liver support

Active compounds: Curcumin

Best time to drink: Evening

Daily serving: 1-2 cups

Steep time: 10 minutes

Recipe: Add black pepper to increase absorption

KIDNEY DETOX TEAS

1. Nettle Tea

Benefits: Natural diuretic, kidney support

Active compounds: Flavonoids

Best time to drink: Throughout day

Daily serving: 2-3 cups

Steep time: 10-15 minutes

2. Marshmallow Root Tea

Benefits: Kidney cleansing, urinary tract health

Active compounds: Mucilage

Best time to drink: Between meals

Daily serving: 2-3 cups

Steep time: 4-6 hours (cold brew)

3. Corn Silk Tea

Benefits: Urinary system support

Active compounds: Flavonoids

Best time to drink: Throughout day

Daily serving: 2-3 cups

Steep time: 10-15 minutes

INTESTINAL DETOX TEAS

1. Ginger Tea

Benefits: Digestive aid, anti-inflammatory

Active compounds: Gingerols

Best time to drink: Before meals

Daily serving: 2-3 cups

Steep time: 10 minutes

2. Peppermint Tea

Benefits: Digestive support, bloating relief

Active compounds: Menthol

Best time to drink: After meals

Daily serving: 2-3 cups

Steep time: 5-7 minutes

3. Chamomile Tea

Benefits: Digestive calm, anti-inflammatory

Active compounds: Apigenin

Best time to drink: Evening

Daily serving: 1-2 cups

Steep time: 3-5 minutes

PREPARATION TIPS

1. Water Temperature Guide:

Green/White tea: 175°F

Oolong tea: 185°F

Black tea: 195°F

Herbal teas: 212°F (boiling)

2. Storage Guidelines:

Keep teas in airtight containers

Store in cool, dark place

Avoid moisture exposure

Check expiration dates

3. Enhancement Methods:

Add lemon for vitamin C boost

Include honey for natural sweetness

Add ginger for digestive benefits

Combine with cinnamon for blood sugar control

PRECAUTIONS

Consult healthcare provider before starting any tea regimen

Some teas may interact with medications

Pregnant/nursing women should exercise caution

Monitor caffeine intake from teas

Start with small amounts to test tolerance

For personalized tea recommendations and wellness consultation, contact RTB Spa:

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