



## The Miracle of Tea: Practical Tips for Health, Home and Beauty

By Penny Stanway

Watkins Media. Paperback. Book Condition: new. BRAND NEW, The Miracle of Tea: Practical Tips for Health, Home and Beauty, Penny Stanway, It's not just about Camomile or Earl Grey - there are so many different teas from around the world waiting to be discovered and experimented with, and which will do wonders for your beauty and your garden. Most importantly, Stanaway shows that teas are a key component of a healthy diet. The first chapter takes us through different the major tea types and varieties, a kind of Sibley's Guide to Teas. The rest of the book focusees on what we can do with teas, from tips on buying and storing them, to how to make use of them for caring for ourselves and our homes. Finally, there's a selection of the most delicious tea-containing recipes, carefully chosen to inspire and delight.

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