

WFWP USA: Teatime Means Me Time - Various Teas, Herbs and Tonics

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In this age of globalization, we are blessed to have access to a myriad of various teas, herbs and tonics. Many of which have been used for centuries to promote relaxation and good health. In this month, typically devoted to love and heart health, we're offering some helpful suggestions for upping your tea game- essentially, taking time for your health and well-being, while also engaging in an uplifting, multi-sensory moment for yourself.

The following suggestions are meant to uplift and support healthy lifestyle habits you may already engage in by using items you may already have on hand. The sampling of products listed below may or may not be suitable for your life at this moment, so please feel free to pick and choose what works best for you.

Energizers for giving you a boost in the morning and throughout your day

Moringa- Considered an adaptogen, meaning it has properties that work with your body to help with stress management, memory and mental focus, and healthy weight, moringa may be an excellent addition to the start of your day or as a mid-morning energy boost. Additional adaptogens with similar effects include Korean ginseng and Ashwaghandha.

Black Tea- Great for digestion, as well as offering an alternative to the caffeine in coffee, black teas are very versatile and vary in boldness and strength depending on the region where the tea comes from.

Green Tea- Green tea is also a great alternative to caffeine. Studies have found that regular green tea consumption can help with lowering cholesterol and supporting cardiovascular health. One note for preparing the perfect cup is to steep it in water that has cooled a bit after boiling, ideally 180 degrees Fahrenheit, as the leaves of this tea are delicate and steeping them in water that is too hot can result in bitter tea.

Tip: These teas can be dressed up or down depending on what you're in the mood for and whether or not the teas already contain blends with other flavor profiles. Consider adding fresh citrus slices, like lemon or orange, to your Earl Grey, for example, to bring out the bergamot flavor, or to enhance a citrus green tea. Adding a cinnamon stick, cardamom pods, or ginger slices to your chai blends can also add an additional zing of flavor.

Digestion and detox

Dandelion Tea- As a bitter herb, both the roots and leaves of this common weed can be used as a tea to support kidney function, digestion, and detoxification of the liver.

Rooibos Tea- Types include red and green varieties, rooibos has a light nutty flavor that often appears blended with any number of flavors including chocolate, berries, citrus, and spices. It is a great herbal option for any time of day.

Peppermint Tea- Peppermint can be helpful for digestion, and promoting energy and alertness. It often appears in blends with other teas, and adds a refreshing flavor. Consider steeping peppermint with other teas for a new spin on your classics.

Tip: Remember that teas can be utilized medicinally when they are covered and steeped for 5-10 minutes. Also, adding ginger or turmeric can be helpful for digestion and reducing inflammation in the body.

Relaxing herbs for the evening, or to wind down

Tulsi (Holy Basil) tea- Another adaptogen, tulsi or Holy Basil, is known for being "magical," and is a great addition to have on hand when winding down after a long day or while hosting tea time with some girlfriends. My favorite is the Tulsi Rose tea from India Organic, which can be found in many grocery stores in the U.S.

Chamomile- The ever classic and unassuming flower, chamomile is wonderful in so many ways. It is best known, of course, for relaxation and stress reduction. Consider embellishing your tea with vanilla bean for a creamy touch, or adding a dropper full of passionflower tincture for a great night's sleep.

Recommendation: I have been enjoying Trader Joe's Well Rested Tea as my go-to evening cup before bed over the last couple of months. I love it because it contains chamomile and peppermint, along with passionflower, and hawthorn berry (adaptogen).