

Black Teas

Caramel with Caramel Pieces

Full-leaf black tea with the flavor of caramel. Ingredients: Black tea, brittle bits (sugar, hazelnuts), flavoring. **Contains Nut Products.**

Chocolate Cream with Cocoa Pieces

If you're looking for a guilt-free way to satisfy the occasional chocolate craving, look no further. Our lactose-free Chocolate Cream is richer and more chocolaty than ever!

Now! Christmas Cookie

The warm, toasty, cinnamon-almond flavor and aroma of our Christmas Cookie will bring back memories. Sit back and let the comforting flavor of this amazing tea chase away the winter blues. Fast becoming a staff favorite. **Contains Nut Products.**

Now! Cranberry Cobbler

This tart-sweet scent of juicy cranberries is enticing. A medium-golden brew with a lovely red tone and with crisp berry flavor that perfectly compliments the smooth black tea base.

Earl Grey de la Crème

Our classic Earl Grey with a hint of vanilla and cream. A smooth and aromatic blend, wonderfully creamy-fruity flavor appealing to a range of tastes.

Earl Grey Supreme ~ Organic

Our classic Earl Grey with a hint of vanilla and cream. A smooth and aromatic blend, wonderfully creamy-fruity flavor appealing to a range of tastes.

Now! Holiday Dream

Savor your Holiday memories with this heavenly blend of fine China and Ceylon black teas with citrus peels, cloves, rose petals, almond bits and pieces of genuine Bourbon Vanilla. **Contains Nut Products.**

Masala Chai ~ Organic

A World Champion Masala Chai tea that is a favorite with our spice tea enthusiasts. Indian black tea blends with ginger, cinnamon, vanilla and cardamom.

Mango Tango

This tea is a dance of sweet China black tea blended with hints of tropical Mango and marigold flower petals. Well balanced and full of flavor. *(Caffeine: 6.0)*

Mint Fusion ~ Organic

A delicious blend of black tea, peppermint, spearmint and herbs that delightfully balance between uplifting and soothing. *(Caffeine Strength: 5.0)*

Now! Winter Blend

This flavorful blend of fine China and Ceylon teas is more bountiful than ever with its cornucopia of fruits, nuts and spices. Our Winter Blend will bring you warmth and comfort on a chilly day. **Contains Nut Products.**

White Teas

Bai Hao Silver Needle ~ Organic

Highest quality white silver needle (yinzhen), this exceptional organic Bai Hao is from the world renowned Fujian province in central China – a cut above. *(Caffeine Strength: 2.0)*

Bai Mu Dan ~ Organic

Grown on the misty mountains of Fujian province in China, the downy silver buds and fresh young leaves are soft and intoxicatingly fragrant. The resulting liquor is a beautiful golden yellow with a more robust texture than your average white tea.

Now! White Snow Buds ~ Organic

Organic Snow Buds (Xue Ya), is considered a new type of white tea that was developed in the 80's using authentic Fujian white tea bushes according to a special process. It has a green flavor with an aroma of roasted chestnut.

Strawberry White

High-grade Chinese white tea flavored with strawberry, treat your nose and palette.

The Blanc de Cassis ~ Organic

High grade Chinese white tea flavored with black currant and cherry. Fruity, yet elegant with all the health benefits of white tea. Loaded with antioxidants. This tea strengthens the circulatory and immune systems as well as bones and teeth.

White Chocolate Moon

Our new White Chocolate Moon will soothe your soul with its warm, cocoa buttery flavor. White chocolate goodness is underscored with the softness of a smooth white tea -- an elegant addition to our flavored whites. *Ingredients: White Tea, cocoa peels, milk drops, flavoring (chocolate cream).* **Contains Milk Products.**

Green Teas

Bi Lo Chun Reserve ~ Organic

Ethereal, mouth-watering sweetness is what you can expect from this certified authentic Bi Lo Chun green tea. Hand picked and delicately processed, this rare tea is grown in the East West Mountains of China. The brew is barely golden and the aroma unassuming. The taste is that of a very light, flaky pastry that just melts on your tongue, leaving behind a delicate icing to envelope your taste buds in a warm embrace. After a few sips, your whole body feels lighter, wrapped in a cocoon of ultimate relaxation. Bi Lo Chun Reserve is a very special tea – don't deprive yourself of this amazing sensory experience.

Fine Lung Ching ~ Organic

The Lung Ching or "Dragons Well" with its subtle, chestnut flavor is probably the most renowned green tea in the world.

Jasmine Pearls of Wisdom ~ Organic

First grade, organic Chinese green tea is perfectly adorned with the essence of organic jasmine flowers. The scented leaves are rolled into "pearls". *(Caffeine Strength: 1.0)*

Lemon Myrtle Drop

Sencha green tea, citrus flavors, and English chamomile combination leaves you feeling calm and refreshed.

Minty Green Chai ~ Organic

A robust and full-flavored black tea blended with our traditional Indian Masala spices. The bold flavor of our select shade-grown black tea presents full notes of cardamom, ginger and clove that is zesty and stimulating. Masala Chai should be brewed strong and served sweet with steamed milk and sugar. *Ingredients: Organic Fair Trade Certified™ black tea, Organic cardamom, Organic ginger, Organic cinnamon, Organic clove and Organic black pepper.*

Moroccan Mint ~ Organic

This traditional blend combines two organic flavor powerhouses, Gunpowder green tea and Peppermint leaf. *(Caffeine Strength: 1.0)*

Super Duper Antioxidant

Lemon Ginger ~ Organic

The soothing digestive power of ginger and antioxidant absorption benefits of citrus make this an organically beneficial green tea blend.

(Caffeine Strength: 1.0)

Rosy Earl Grey

This inspiring blend of Jasmine green tea, Earl Grey black tea and rose petals has become one of our most popular. Aromatic with a smooth floral character Rosy Earl Grey is tasty hot or iced. *Ingredients: Jasmine green tea, black tea, pink rose petals.*

Now! Vienna Winter Green

Blended to be the perfect accompaniment to an afternoon relaxing to your favorite composer. With green tea, almonds, white chocolate bits, Roman chamomile, macadamia and pistachio nuts, cocoa kernels, and cracknel bits. Comforting and engaging. **Contains Nut Products. Contains Milk Products.**

Oolong Teas

Now! 5 O'Clock Tea

Our Five O'Clock tea is a medium-bodied, aromatic blend of Darjeeling, highland Ceylon and Oolong. The infusion has a sparkling golden-amber color and fruity-citrus flavor. An elegant tea, enjoyable with or without sweetener.

Jade Oolong

This lightly oxidized oolong tea from the mountainous region of Nantou, Taiwan, has a smooth golden green infusion enjoyed by green tea lovers. Its flowery aroma, brisk flavor, smooth body and fruity finish make this one of our favorite oolongs. Always fresh, this is one of customer favorites. The prime lots of this tea are selected each spring and winter for us by our long-term grower in Nantou. Jade Oolong is a consistent favorite from Taiwan. *Ingredients: Oolong tea.*

Oolong Ginseng

This unique Chinese oolong tea is stimulating to the body yet discreet on the palate. *(Caffeine Strength: 2.0)*

Orange You Slim

Considered an aid for weight loss this scrumptious oolong tea may boost your metabolism and help whittle your waist. This medium bodied Chinese oolong has the sweet essence orange, perfect served hot or iced. *(Caffeine Strength: 4.0)*

Red (Rooibos) Teas

Cherry Vanilla a la Mode

This naturally caffeine free Rooibos is ultra smooth and creamy. Subtle cherry flavor with a hint of vanilla leaves a lingering of sweetness and a satisfying texture. The last sip will leave you wanting the next. *Ingredients: Rooibos, sour cherry, lemon grass, flavor, vanilla pieces, sunflower petals. (Naturally Caffeine Free)*

Decadent Chocolate Mint

Dessert in a cup, which is sweet with mint overtones. Replace your late night sugar fix with this calorie and sugar free alternative with antioxidants to boot. Contains Rooibos, Peppermint Leaf, Chocolate pieces and flavoring. *(Naturally Caffeine Free)*

Now! Pink Ribbon Peppermint ~ Organic

Naturally caffeine free this lively combination of organic ingredients; Super Grade Rooibos, Peppermint leaf, and Chamomile is packed with a variety of potential benefits. These ingredients are thought to ease tension, stress and digestion.

South African Savannah

Rich Rooibos blend with cocoa pieces, almond bits and chocolate-rum flavoring. **Contains Nut Products.**

Herbal Teas

Autumn Harvest Fruit Melangé

Flavored fruit melangee with apple bits, hibiscus, beetroot bits, plum bits, cinnamon pieces and plum flavor. Bright, lighter bodied plummy taste with just a hint of cinnamon. A great fireside treat! *Ingredients: Apple bits, hibiscus, beet root bits, plum bits, and cinnamon pieces.*

Golden Spice Blend

This exotic multi-faceted blend will awaken your senses and warm your soul. The peppery zing of ginger combines with the soothing, cooling qualities of fennel and star anise for a unique tea-drinking experience. *(Naturally Caffeine Free).*

Mocha Spice

Naturally sweet with notes of chocolate, coffee and a touch of licorice and spice, this alternative tea is like a good comfort food and makes a great latte. Soothing after a hard day. *(Naturally Caffeine Free)*

Mountain Berry

Blend of dried fruit, herbs and flower petals and one of our most popular. Deep, rich, red color, robust fruit character and a subtle tartness adds to the taste experience. *(Naturally Caffeine Free)*

Ravishing Raspberry Rose Petals

One of our most popular herbal blends for iced, this is a bold, mouth watering blend of dried fruit and flowers. Experiment to create an interesting party punch by brewing and mixing with ginger ale or sparkling soda. *(Naturally Caffeine Free)*

Now! Organic Unity ~ Organic

Spicy ginger, soothing licorice and zesty lemongrass are blended with immunity enhancing **Ayurvedic herbs** to compose one of our tastiest and most innovative caffeine-free infusions. **Based on an Ancient Ayurvedic Cold & Cough Remedy.**

Matés & Special Teas

Maté Tiramisu

Our heavenly roasted maté blend with its secret tiramisu flavor has been elevated to a new level with the addition of Rooibos, nuts, chocolate and delicate spices. It's light on caffeine with less maté and more Rooibos. If you like the dessert, you must try this satisfying, invigorating herbal infusion! **Contains Nut Products.**

Now! Roasted Maté

Genuine Argentine Mate. A cultural drink of ancient origins. Rich in vitamins, Mate helps to keep its drinkers healthy and energetic. South Americans enjoy this invigorating, caffeine-bearing herbal infusion socially, as a sign of acceptance and friendship.

Now! Lapsang Souchong ~ Organic

This organically grown Lapsang definitely boasts a distinctive character. A bit smoother, lighter bodied with a fruit-like undertone.

Medicinal Teas

Allergy Soother

Whether it is hay fever or household allergens that have a hold on you, this herbal infusion could loosen their grip. Blended with nettle leaves for their antihistamine properties, elder flowers and rose hips to support the respiratory and immune systems. Lime blossoms and peppermint for the anti-inflammatory effects and mullein flowers to loosen congestion. This infusion has a smooth minty taste with a subtle savory finish.

Calming Chamomile & Lavender ~ Organic

A trip to the spa in a cup, this soothing blend of aromatic Lavender and calming Chamomile helps melt away the day. *(Naturally Caffeine Free)*

Cold Comfort ~ Organic

This USDA Certified Organic herbs helps to ward off and ease the symptoms of the colds and flu. Chamomile, peppermint leaf, licorice and lemon peel have been known to relieve mild nasal congestion and restlessness while helping to boost the immune system. *(Naturally Caffeine Free)*

Detoxify Me ~ Organic

This appealing house blend of orange peel, goji berries, organic lemon myrtle, organic ginger root, lemon honeybush and fennel seed brews up a robust golden orange liquor that warms you from the inside out. Sweet lemon rolls over your tongue with the sensation of cooling menthol, and a hint of pepper remains on the palate in a pleasingly unique aftertaste. This Detox Blend is a great way to relax and rejuvenate. *(Naturally caffeine free.)*

Energize Me

An eye opening combination of yerba mate, black tea, herbs and spice that is an office favorite. Not a morning person, this magical blend comes out of pure necessity. *Ingredients:* Black Tea, Yerba Mate, Cardamon, Cinnamon, Licorice Root, ginger root, black pepper, cloves, gotu kola. *(Caffeine: 2.0).*

Flu Fighter

Elder flowers, licorice root, fennel and cinnamon combine to battle congestion while calendulas ease a fever. Echinacea boosts your immune system and lime blossoms calm your stomach.

Hangover Helper

We all do it sometimes - forgetting when to say when. So if your indulgence is too much spirits or too many trips to the buffet, this herbal is just the thing to help you rejoin the human race. A "mix" of licorice root, hawthorne berries and cinnamon bark to ease an upset stomach. Nettles relieve a throbbing head, lapacho cleanses, and mate energizes.

Hormone Balancer/Anti-Diabetic

Lemon Ginger Honeybush ~ Organic

Lemon Honeybush quickly became a hit - a flavorful, zesty blend that is delicious hot or iced. Helps ease sleep discomfort and irritability with menopause. Honeybush is high in Pinitol, a substance believed to support anti-diabetic activity. *(Naturally Caffeine Free)*

Immunity Booster

An ounce of prevention is worth a pound of cure. Give your body what it needs to support your immune system and keep the coolies at bay. Vitamin C bearing rose-hips, orange and lemon peels with the immune system enhancing properties of Echinacea. Cinnamon bark and ginger to aid digestion and improve circulation with a fruity taste and citrus notes.

Memory Aid ~ Organic

In today's fast paced world, we could all use a little help remembering things and staying sharp. This healing tea is blended with Ginkgo, yerba mate, Siberian and Panac Ginsengs, and peppermint for their stimulating effect. Also includes schizandra berries to fight fatigue. Light bodied with a subtle peppermint taste and a soft woody character. A touch of sweetener enhances the minty note.

Organic Relaxation ~ Organic

The perfect concoctions of calming herbs that will induce relaxation after a hectic day, erase a mind full of clutter, and bring about restful regenerating sleep. A tried and true favorite. *Ingredients:* Peppermint Leaf, Chamomile, Catnip Leaf, Strawberry Leaf, Linden Leaf, Passion Flower, Skullcap, Licorice Root, Valerian Root.

Papaya Mint (with Digestive Enzymes) ~ Organic

A zesty, brisk blend of mint and papaya aids digestion and makes for a refreshing herbal brew hot or iced. Great for lower digestive discomfort. *(Naturally Caffeine Free).*

Tummy Tamer

The vibrant green leaves infuse into a golden clear brew. Soothing papaya and vibrant mints are expertly blended with various "lemon" herbs to create this calming brew. So upset tummy or not settle in for a scrumptious, soothing cup. Serve hot or cold. *(Naturally Caffeine Free).*

Pu-erh Teas

The Wine of Tea

Aged from 10 to 50 years. Much like a fine wine this tea gets better with time. *Pu-erh* tea can be either *raw/green* (sheng) or *ripened/cooked* (shou), depending on processing method or aging. Sheng pu-erh can be roughly classified as a *green tea*, and the shou or aged-green variants as *post-fermented tea*. Unlike other teas that should ideally be consumed shortly after production, *pu-erh* can be drunk immediately or aged for many years; *pu-erh* teas are often classified by year and region of production much like *wine vintages*. While tea connoisseurs prefer the oldest *cakes*, of compacted tea (or Tea Bricks), *Pu-erh* tea is available as *loose leaf* blends.

Benefits of Tea & Tea Times

Black Teas (2-3 mins @ 195-200°)

Reduce the risk of heart disease and stroke. Lower cholesterol and prevent tooth decay. Is good for the heart. Is a gentle stimulant. Decrease the likelihood of life-threatening blood clots.

White Teas (2-4 mins @ 175°)

Strengthen the immune system. Fight free radicals both internally and externally. Elevate white blood cell count.

Green Teas (1-2 mins @ 175°)

May reduce high blood pressure. Prevent cavities. Lower cholesterol. Regulate blood sugar levels. Reduce the risk of certain types of cancers. Build bone density. Prevent aging.

Oolong Teas (2-3 mins @ 195°)

May increase resting metabolism greater than any other type of tea. Aid digestion and decrease the absorption of carbohydrates. Alleviate the symptoms of eczema and psoriasis.

Red (Rooibos) Teas (5-6 mins @ 210°)

Soothe the nervous system. Are good for skin and allergies. Are high in vitamins and minerals. Have more antioxidants than Green Teas. Relieve symptoms of various stomach and digestive conditions such as nausea, heartburn, constipation, and cramps.

Herbal Teas (5-6 mins @ 210°)

Refresh the palate with fresh or dried flowers, leaves, seeds or roots. Naturally caffeine free. Come in a variety of herbal infusions. Are high in Vitamin C and antioxidants.

Medicinal Teas (5-6 mins @ 210°)

Enhance health and address core issues within the body. Are blends of teas and herbs selected for their stimulant or relaxant properties. Include herbal remedies used in Traditional Chinese Medicine.

Pu-erh Teas (vary)

Naturally lowers cholesterol. Promote body cleansing and detoxification.



RAYDIANCE
HelioSpa Tea House Wellness

Raydiance Helio Spa & Wellness Center

120 & 122 S. Howard Ave.

Tampa, Florida 33606

(813) 258-0458 & (813) 251-8121

www.RaydianceWellness.com

www.RaydianceHydePark.com

