



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

*Penny Stanway*

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## **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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What is your hobby? Have you heard which question when you got pupils? We believe that that question was given by teacher to the students. Many kinds of hobby, Everyone has different hobby. Therefore you know that little person like reading or as studying become their hobby. You need to know that reading is very important in addition to book as to be the thing. Book is important thing to provide you knowledge, except your own personal teacher or lecturer. You see good news or update with regards to something by book. Different categories of books that can you go onto be your object. One of them is actually Miracle of Tea: Practical Tips for Health, Home and Beauty.

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