

5 Tea Types to Keep You Warm and Safe in this Winter

**Keywords**

Chai, Coffee, Food, Flavors Chai
Milk

Hits

446

URL

<http://www.indiafinder.in/blogs/detail/5-tea-types-to-keep-you-warm-and-safe-in-this-winter-205>

As the winter season is around the corner, keeping yourself warm, healthy, and, most importantly, safeguarding your immune system becomes the hour's biggest need. Now for this, keeping up with your exercise seasons won't show promising results until you are not bringing a much-required change in eatables intake.

To remain healthy and maintain distance from disease, infection, and seasonal flue throughout the chilling winter season, it is necessary to sip in a cup of goodness loaded in different tea types.

And as we know what tea type can help you boost your immune system, eliminate the chances of getting in touch with COVID-19 and other disease types, so, here we have come up with a list of 5 best tea types for you to try in this winter season.

Russian flavored tea- Those who aren't in love with tea must try Russian tea. A cup of Russian tea is infused with multiple flavors, including- cloves and cinnamon, which works the best for people who desire to shed those extra lbs in the winter. Apart from keeping you healthy, it helps to reduce cholesterol as well.

Sage tea- Sage is a prominent and world widely used herb to make

medicines. It is a proven method to improve brain functioning, digestion problems and treats frequent health issues like- heartburn, stomach pain, diarrhea, and bloating.

Hot vanilla tea- This tea type is a perfect and tasty blend of nutmeg, ginger, cinnamon sticks, cardamom, and cloves. It helps to treat cold and cough instantly while helping you rescue the infection trap after intake of a cup or two in a day.

The London fog- Those who bear oral infection constantly must go prefer to be lost in the London fog tea. It contains Earl Grey as its premium ingredient boosting your immune system.

Ashwagandha tea- Ashwagandha is an ancient herb encompassing the medicinal goodness, strengthening body muscles, managing stress levels, and ensuring several other benefits to a human body. It has been considered one of the best ways to stabilize the lower blood sugar issues, encourage better brain functioning, and increase cortisol levels. All these factors make Ashwagandha tea is a prominent way to stay healthy and active throughout the winter season.

These tea types are an effective way to fight back fatigue, laziness, and easily spreading infections in the winter season. The impact is such that even most of the practitioners recommend having these.

To have the best and appropriate taste of these teas, come to Chaioops and have a tea cup with us. We promise to add a lot more to your memories of having premium quality tea with us!

POSTED BY

Chaioops



Address	D - 486, Dwarka Sec- 7, Ramphal Chowk New Delhi 110075 Delhi, India Chaiops
Contact Person	
Mobile Number	
Email	info@chaiops.com

'Chaiops' is entering the beverage industry as a distinctive business model. We have a strong desire to expand our franchise with immense potential contestants. Our aim to preserve tea's image in a nation with different flavors and offer a partnership and business opportunity to investors. Business is like a TEA, drink before it gets cold.

We at Chaiops are coming with an idea to let every tea lover throughout the nation taste our tea type. With this beverage serving concept, we want to take people to the retro world of 'Guram Chai Ki Pyali' serving the best-brewed tea with a line of lip-smacking beverages to enhance your tea time experience with us.

No matter you want to have a Kadak Chai after your hectic con-calls or relish a cup of elaichi Chai on a romantic date with the love of your life, we at Chaiops have made arrangements to make your tea-time truly valuable.

Having so many international brands in the market has made the present generation untie the strings with an ancient and heritage-rich drink like Chai. And our motive of bringing Chaiops is to refuel the eminence of connecting to the roots of our culture and values over again.

For more details, please visit
<http://www.indiafinder.in/detail/chaiops-10396>