

Holiday Hints

Simple, Healthful Holiday Entertaining Tips

(NAPSA)—Keeping the holiday season jolly can be as simple as tea bags in your pantry. That's because tea can be used in a variety of creative ways—from gift ideas, to infusing your home with enchanting aromas, to fulfilling your New Year's resolution of improved health. With tea, you might even say that happy holidays are in the bag.

Low Calorie Treat

"Tea is a low-calorie treat that offers satisfying aroma and flavor, without the sugar associated with some other beverages," says Charlie Baden, Celestial Seasonings Blendmaster. Greet visitors with a warm cup of tea, or simply simmer a few bags in a pot on the stove to infuse the air with holiday scents. Spice up a holiday gathering with seasonal tea blends like Gingerbread Spice™, Nutcracker Sweet™ or Sugar Plum Spice™.


Inexpensive Gifts

Looking for an inexpensive gift that can please anyone on your list? Just add a bow and gift tag to a pretty tea box to make impromptu gifts for teachers, neighbors and other acquaintances. Customize the gift by adding a teacup, tea squeezer, teapot, honey, tea cookies or any delightful assortment of related items from your pantry. Use tea bags to create other homemade gifts such as tea sachets—place a tea bag in a pretty handkerchief or netting and tie with a ribbon to freshen drawers, or add to warm baths for a relaxing aromatherapy experience!

A Gift of Good Health

Treat yourself or someone you love with the gift of good health.



Let it brew, let it brew, let it brew!
Tea can play an aromatic part in the holiday festivities. 

Tea's health properties are especially beneficial during busy holiday times. Brew a cup of Celestial Seasonings Honey Vanilla Chamomile for a calming moment, Sleepytime™ to wind down after a hectic day, or any variety of tea for natural refreshment. When you choose black or green tea, you also get a fortifying dose of antioxidants that support good health.

If you're looking to drop a few pounds in the New Year, enhance your dieting efforts with Celestial Seasonings Wellness Teas—ruby-red grapefruit-flavored Metabo Partner™ and strawberry citrus Diet Partner™ are two delicious teas made with efficacious ingredients that can help your body burn calories.

However you use it, tea can be a simple, natural way to add cheer to your holidays. To learn more about tea's health benefits, to find scrumptious holiday tea recipes, or for additional tea tips, visit www.celestialseasonings.com.