

THE SLOW SIP GUIDE

A Beginners Tea Ritual for Busy Women



A step-by-step guide
to slowing down with tea

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Welcome to The Slow Sip Guide

If you're reading this, chances are your days are full — work, life, responsibilities, maybe even travel — and slowing down feels like something you want to do but rarely get around to.



Important Note

This guide isn't about perfection or adding another thing to your to-do list. It's about creating small tea rituals **that fit into your real life.**

Think of this as your permission slip to pause — even if it's just for a few minutes — and reconnect with yourself through tea.

I'm here as your tea bestie, not a tea snob. Let's sip slowly, together.

Tea Morning Ritual - Set the Tone



When: First thing in the morning or once you've settled into your day

Why: To gently wake up your body and mind

Intentions:

- Choose a tea that supports focus and clarity
- Brew it intentionally (no rushing)
- Sip while setting an intention for your day

Tea Options

- Green tea
- White tea
- Light oolong

Tea bestie tip:

Drink your morning tea before diving into emails or social media. Let it be your first moment of presence.

Tea Mid-Day Ritual - Refocus



When: Midday slump, between meetings, or post-lunch

Why: To reset your energy and digestion

Intentions:

- Step away from your desk if you can (even for 3 minutes)
- Choose a tea that supports digestion or gentle energy
- Take slow sips - no multitasking

Tea Options

- Oolong
- Herbal with ginger or peppermint
- Light black tea

Tea bestie tip:

This is the perfect time to switch from “doing” mode to “being” – even briefly.

Tea Evening Ritual - Wind Down



When: After dinner or before bed

Why: To signal to your body that it's time to rest

Intentions:

- Brew your tea in your favorite mug
- Dim the lights or sit somewhere cozy
- Sip slowly and breathe deeply

Tea Options

- Herbal teas (peppermint, chamomile, rooibos)
- Caffeine-free blends

Tea bestie tip:

Let this ritual replace scrolling. Even 10 minutes counts.

Use this time as Reflection & Relaxation

Simple Brewing Tips

So you Tea Actually Taste Good...

Green & White Tea

- Water: Not boiling
(around 170-185°F)
- Steep time: 2-3
minutes

Oolong Tea

- Water: Hot (185-200°F)
- Steep time: 3-5
minutes

Black Tea

- Water: Boiling
- Steep time: 3-5
minutes

Herbal Tea

- Water: Boiling
- Steep time: 5-7
minutes



What's Next?

If you loved this guide, you'll love:

- tea education workshops
- tastings
- travel-inspired tea experiences
- Connect with me on any Tea Questions!!



Thank you!

Let's Connect!

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