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## GIVEAWAYS

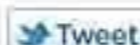
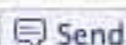
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### Win an Assortment of Wellness Blends From Kusmi Tea!

Ten lucky winners will receive an assortment of wellness blends from Kusmi Tea!

## VIV SAYS: BLOG

AWARENESS, FEATURED, HEALTHY EATING | No Comments  
 November 1st, 2011



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### Win a Five-Blend Wellness Assortment From Kusmi Tea!

As the holidays approach, we're keeping our eyes open for just the right hostess gifts. At **Kusmi Tea's** shiny, red-floored shop on Manhattan's Upper East Side, we discovered a pretty, healthful and tasty choice: the colorful, five-tin **Wellness Tea Assortment** (\$29.95) — Detox, Be Cool, Sweet Love, Boost and Algotea. We're also giving away the wellness assortment to 10 lucky winners. Simply fill out [this form](#). (You don't even have to have us over for dinner!)

Our personal favorite of the wellness blends is Algotea (Algothé, *en français*). The seaweed is filled with antioxidants, and the mint in the tea energizes us and adds sweetness. On a high-stress day, we choose Be Cool, with mint, vitamin C-rich rose hips and soothing verbena and licorice.

Sweet Love is spicy, with a blend that includes ginseng, guarana and pink pepper, to boost energy and aid in digestion. With lemon and lemongrass, Detox tastes light and, well, *happy*. Maté and green tea both have stimulating properties and the latter is high in catechins, which are linked to a host of health benefits, including fighting cancer and reducing body fat. Boost has green tea and maté, with cinnamon, ginger and cardamom to ward off fatigue.

The gift stack holds loose tea, but wellness blends are available in tea bags as well. Kusmi teas are available at [shops around the globe](#), as well as online.

Kusmi was established in Russia in 1867; in 1917, during the Revolution, the firm moved to France. That's nearly a century and a half of experience when it comes to sourcing and blending tea, so we tried several other offerings. **Spicy Chocolate** black tea satisfies our craving for hot chocolate, without the heaviness — or a high calorie count. **Tarry Souchong** smells like a Christmas night around a glowing hearth. **Rose Green** (Chinese green tea with rose blossoms) can get us through the winter with its floral aroma.

Sylvain Orebi, Kusmi's owner, explains his role in making the blends: "I'm the nose, like for perfume." We're entering a prime time for restoration, he says. During cool seasons, many people "focus on renewed health, beauty and vitality." Orebi adds, "A cup of tea will go a long way on that road."

While many of us wait until January to restore, we're keeping some on hand for the holiday season. We hear that Detox (Orebi's personal favorite of the wellness blends) is just the remedy for an upset stomach after a night of overindulging.



The five wellness blends from Kusmi Tea (Boost, Be Cool, Detox, Sweet Love and Algotea) are available in a gift stack.

## ARCHIVE

2011

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2010

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