



Chai/tea has always been the fuel for Indians all the way back since 750 BC. Did you know that India has always been the largest producer of tea with over 70% of the production being consumed in India itself. But I was always more of a coffee person and believed nothing can taste better than coffee. Then these amazing tasting teas arrived which totally changed my perception.

Namhah India sent me six of their gorgeous tasting teabags– Shanti White Tea, Darjeeling Piroshka Black tea, Cabo da Roca Black Tea, Black Gold Tea, Ashna Green Tea, Mesembria Green Tea and some loose tea leaves which were so aromatic and soothing.

About the brand: “Namhah is a celebration of luxury and culture. Namhah promotes the legacy of the Indian culture by bringing its most elegant products to you. Perhaps, only a few things in this world are as elegant as tea. Each cup has its own character – from the unyielding flavour of Black tea, to the delicate and smooth aftertaste of the White; every sip can enchant your senses.

Namhah brings to you the rarest and the finest single estate teas from some of the most elite gardens in India. Each tea is selected in person for its unique personality. These teas are produced in very small quantities, and are most often handpicked.”

How to brew? – Boil the water to 95 degrees, pour it in a cup and dip in the tea bag for 3 minutes.

I really enjoyed my brewing session as much as I enjoyed sipping them. I could really feel them calming my senses down and whenever I had a hectic day, I made sure I sip on to one of the teas.



Shanti White Tea– This one was my favourite amongst all. The name is so apt “Shanti” means silence, it even means to stay calm and this is what it does. Each sip soothes you down and you feel so relaxed. Apart from making you calm, white tea also helps in weight loss, reducing the risk of cancer and lowering down the cholesterol.

Ashna Green Tea– Gorgeous green leaves with an alluring aroma. This one was not bitter as most of the green teas are but was a little sour in taste. The taste was unique and so refreshing. Green teas helps in detoxification, weight loss, helps in improving brain functioning and many other incredible benefits.



Mesembria Green Tea– This one gave me a rustic feel in both the aroma and the taste. It was smooth, smoky and the perfect pick for detoxification.

Darjeeling Piroshka Black Tea– Perfect black tea which suits the Indian palate the best. Light reddish in colour with mild musky flavours.

Black Gold Black Tea– Delicious black tea with musky notes. Sweet and crisp tea with lingering vanilla notes. I think the natural sweetness that came with it helped me love it even more.



Cabo Da Roca Black Tea– Fruity notes added to a floral cup. Mellow in taste with a crisp finish. A perfect spring tea when served with fresh berries.

I really vouch for these teas and they definitely are a must try.



To know more about them or to buy these fabulous teas log on to <http://www.namhah.com> or else check out their facebook or instagram handle- namhahindia. You can also find them at Amazon India. Don't forget to add this coupon code to get your special discount.