

Stress Reduce Herbal Tea

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Abstract: *Blue tea is a natural drink made from the petals of the butterfly pea flower (Clitoria ternatea). It doesn't contain caffeine and is known for its bright blue color. Blue tea is full of antioxidants, which can help improve memory, reduce stress, and keep skin and hair healthy. When you add lemon juice to it, the color changes from blue to purple, which makes it fun and popular in food and drinks. This summary looks at what blue tea is made of, how it is made, its health benefits, and why it's becoming more popular in the health and food industries.*

Blue tea is a drink made from the butterfly pea flower. It doesn't have any caffeine, so it's a good choice for people who want a healthy drink without feeling more awake. The tea has a bright blue color, and when you add lemon juice, it changes to purple. This makes it fun and interesting to drink.

Blue tea has special things called antioxidants that help keep your body healthy. They may help your brain work better, reduce stress, and keep your skin and hair looking good. Some people also drink it to help with digestion and to relax.

More and more people are starting to enjoy blue tea. It is now used in drinks, sweets, and even in colourful recipes. This abstract talks about what blue tea is, how it helps the body, and why people like it so much

Keywords: Refreshing beverage, Butterfly pea flower, Herbal tea ,Antioxidants, Natural color ,Caffeine-free ,Floral aroma , Health benefits ,Relaxation, Blue pigment ,Color-changing tea ,Detox ,Anti-inflammatory, Thai tea, Brewing

