Brew Bliss: Essential Oil Infused Tea Bag

Aiman Rehman*, Aisha Hassan, Hareem Ather, Hadia Kamal, Midhat Rehmani

Department of Food Science and Technology, Jinnah University for Women, Karachi-74600, Pakistan.
*E-mail: aimanrehman915@gmail.com

ABSTRACT

Bliss Brew tea bags mix lavender tea with infused essential oils, including lemon, bergamot, and peppermint. It provides stress-relief, mood-enhancement, and digestive benefits. Its soothing aroma, unique flavor, and balanced acidity make them a health-focused, convenient tea-drinking experience.

Keywords: Antidepressant, Bergamot, Hesperidin, Linalool, Peppermint, Essential Oils.

INTRODUCTION

Bliss Brew teabags represent a harmonious blend of ancient tea practices with modern-day wellness, serving the increasing consumer interest in functional consumption. These tea bags are made with the finest ingredients, with a lavender tea base and essential oils like lemon, bergamot, and peppermint. (Klauß, 2024)

OBJECTIVE

This innovative blend was formulated to provide antioxidant, metabolic, relaxing and digestive benefits. (Singh, 2021) (Sharma, 2020)

METHODOLOGY

Bliss Brew teabags are a labor of love to prepare. To start, you'll dilute the essential oils and ginger extract in 250 ml water. The tea bags are then steeped in this solution for about ten minutes to extract the flavors and the properties of the tea bags. After infusion, the bags are freeze dried, which retains taste and bioactive ingredients such as linalool, hesperidin, menthol, and flavonoids. They have components that are believed to be antidepressants, making the teabag incredibly healthy.

Gather ingredients

⬇

[Prepare Dilution]

- Add 250ml water to beaker
- Add essential oils (lemon, peppermint, bergamot)
- Add few drops ginger extracts
- Stir to mix completely

⬇

[Infuse Tea Bags in Dilution]

- Dip tea bags for approx. 10 minutes

⬇

[Freeze Dry Tea Bags]

- Freeze dry

⬇

[Fill Tea Bags]

- Add 1g dried lavender
- Add dried lemon and mint

⬇

[Packed and Store Tea Bags]

RESULT & DISCUSSION

A sensory evaluation was performed with department faculty to evaluate consumer acceptance. Attributes such as appearance, aroma, taste, color, consistency and overall acceptability were evaluated by participants. The outcome reflected statistically significant preference across all parameters with very high satisfaction (mean). The highest score of 8.0 was reported for the overall acceptability, showing the appeal of the product for tea lovers who are seeking enjoyment with health benefits. Bliss brew teabags represent a fusion of traditional tea culture with the contemporary trend toward health and wellness products. These tea bags are specifically formulated to provide functional benefits beyond mere hydration or refreshment. Unlike conventional teas that primarily offer flavor and aroma, Bliss Brew teabags aim to deliver specific health benefits. This may be included for its antioxidant and metabolism-boosting effects, relaxation, and digestive support, respectively. Bliss brew teabags represent a convergence of tea tradition and modern wellness trends, offering consumers a flavorful and convenient means to support their health goals. As the demand for functional beverages continues to grow, these teabags present a promising avenue for innovation, providing both enjoyment and potential health benefits to tea enthusiasts worldwide.

S. No	Testing's	Mean	SD
1	Brix	9º	0.87
2	pH	5.31	0.10
3	Consistency	25cm	
4	Viscosity	14.01mPa.s 120rpm 0.030mN.m.	0.49 0.01
5	Color Analysis	l* = 68.61 a* = -0.10b*=5.39	0.05 0.54 0.17
6	Fat Content	81.1%	0.340
7	Density	1.104g/cm^3	0.002

CONCLUSION

Bliss Brew an excellent merge of company's century old tea legacy and a modern opinion of health care as far as teabags are concerned. With their calming effects and lack of caffeine, they are great choices to have in the evening, attracting tea drinkers wishing to relax and use tea for health benefits. With functional beverages on the rise, the evolution of teabags from Bliss Brew is a step forward in combining ancient traditions with modern health trends to create a better user experience and customer satisfaction. It both appeals to the changing tastes of health-conscious consumers and establishes a new standard for future growth of the functional beverage space.

REFERENCES

1. Klauß, Nicole. ""C. 5 Tea in a bag-The history of the tea bag."." Tea Cultures of Europe: Heritage and Hospitality ((2024)): 119.
2. Sharma, Luxita, Meghna Chandra, and A. Puneeta. "Health benefits of lavender (Lavandula angustifolia)." ." International Journal of Physiology (2020): 1274-1277.

3. Singh, Nitika, *et al*. " Features, pharmacological chemistry, molecular mechanism and health benefits of lemon." Medicinal Chemistry (2021): 187-202. 17.3 .
4. Hewavitharana, G. G. (2020). Extraction methods of fat from food samples and preparation of fatty acid methyl esters for gas chromatography: A review. Arabian Journal of Chemistry.