

BRIDAL GUIDE



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Tea Time

Steep yourself in the newest tea trends: chic kettles that guarantee more flavor and less work.

Tea Forte's handblown, heat resistant glass brewing pitcher flash-chills freshly brewed tea.



PHOTOGRAPHY: ALEXANDRA GRABLEWSKI.

FROM LEFT: Stainless tongs by Bonjour. Bone china sugar dish with petal pattern, and creamer with fern motif (far right), both by Teroforma. Iced tea tumbler from target.com prevents condensation on the glass. Tea Forté's handblown, heat-resistant glass brewing pitcher flash-chills freshly brewed tea. Spinnaker stainless teaspoon designed by Fred Spector for Nambé. Napkin by Chilewich. White melamine serving tray with stainless trim by CB2. Tablecloth by Sferra. Wallpaper by Seabrook.

Tea-licious!

Want to create a tempest in a teapot? Concoct something refreshing

in one of these haute pots.

FROM LEFT, TOP ROW: White ceramic teapot, by Vincent Reardon, has space underneath for a tea-warming candle. Glass teapot with infuser by Bodum from Williams-Sonoma. Bone china teapot with sculpted lid by Crate & Barrel. Stainless thermal tea press, by Bodum, keeps tea hot for hours. White ceramic handle-free cups by Chantal. Double-spouted teapot from Marla Dawn Home. Melamine dinner plate (under teapot) from Walt Disney Signature by Zak! Designs. FROM LEFT, BOTTOM ROW: BonJour's handblown glass teapot with shut-off infuser. Stainless pear-shaped teapot by Alessi from The Conran Shop. Pressed-glass tea trays by Tea Forté. Square porcelain teapot with stainless handle (sits on tea warmer base, not shown) by Arzberg. Porcelain teapot and warmer by Rosenthal. Porcelain china covered sugar bowl with platinum banding by Pickard. Handblown glass teapot with flowering tea blossoms by Numi Tea. Durable stainless tea strainer by WMF. Loose chamomile and lavender leaf tea from Amai Tea and Bake House. Tablecloth by Sferra. Wallpaper by Seabrook.



Pressed-glass tea trays by Tea Forté.

To Your Health

Tea comes in many varieties (all made from the leaves of the tea bush) each with its own distinct flavor, health benefits and levels of caffeine. Overall, there's less caffeine in tea than in coffee, so you'll get less jitters. Here, tea expert Cassandra Kimbler from Teavana teahouse, explains.

White tea

- The purest and least processed, this lightly flavored tea contains the least amount of caffeine of any type.
- It also has high antioxidant levels, thought to lower cholesterol and blood pressure.
- Studies have shown white tea reduces the risk of certain cancers, particularly lung, colon and skin cancer.

Green tea

- The most popular variety is often mixed with fruits, herbs or flowers to create new blends and flavors.
- It may have a beneficial effect on cholesterol levels; research also shows it may help prevent heart attacks.
- Green tea contains slightly more caffeine than white but less than oolong.

Oolong tea

- This full-bodied strain has a sweet aroma and contains slightly more caffeine than green tea but less than black.
- High levels of tannic acid help to lower cholesterol, and plenty of antioxidants promote healthy skin.
- Oolong tea has similar health benefits as the white, green and black varieties.

Black tea

- The most commonly known tea (who didn't grow up with Lipton bags?) has the highest caffeine content.
- Like green and oolong teas, black tea has lots of antioxidants.
- Studies suggest this tea may help prevent heart disease and also lower the risk of strokes.

PHOTOGRAPHY: ALEXANDRA GRABLEWSKI.

Herbal tea

- These "teas," which aren't derived from the leaves of the tea bush, are made from pure herbs, flowers and fruits.
- Most blends are caffeine-free (depending on what they are mixed with) so they can be enjoyed any time of the day; they are also rich in Vitamin C and antioxidants.
- Chamomile, ginger and peppermint are popular and healthy varieties, well-known for their sedative qualities.
- Herbal tea is especially delicious served over ice.

The Perfect Cup

Use loose, high-grade leaf tea. It's fresher and has more flavor than conventional tea bags and can be blended with other teas and herbs to create new flavors.

Good H₂O makes good tea, so use bottled, filtered or freshly drawn spring water. Be careful not to boil the water for too long. Boiling strips the water of oxygen and makes your tea taste flat. Also, avoid using hard water. The high percentage of minerals will alter the flavor of your brew.

A pot with a removable infuser allows the

loose leaf tea (or bags) to steep for the desired amount of time without the mess. Choose glass if you like to watch the process (most tea aficionados do); however, stainless and cast-iron kettles retain heat longer and won't break like glass does, so they can be passed down through the generations.

If you prefer a kettle without a built-in infuser, use a stainless strainer to filter the loose leaf tea. It won't rust or alter the flavor of your brew.