



Dried Chrysanthemum Tea: A Light and Soothing Herbal Drink

Dried Chrysanthemum Tea is a gentle and refreshing herbal tea with a mild, floral taste. It is naturally **caffeine-free**, making it a great choice for relaxation at any time of the day.

What is White Chrysanthemum Tea?

White Chrysanthemum Tea is made by drying [white chrysanthemum flowers](#) and steeping them in hot water. This tea has a **light, slightly sweet flavor** and a delicate floral aroma. It is softer in taste compared to regular chrysanthemum tea, making it ideal for those who prefer a mild and soothing drink.



HAFLONG TEA



haflongtea.com

Benefits of Drinking Chrysanthemum Tea

Many people enjoy this tea not only for its taste but also for its [health benefits](https://haflongtea.com/health-benefits):

- **Promotes Relaxation** – Helps to calm the mind and body.
- **Caffeine-Free** – A great alternative to traditional teas and coffee.
- **Supports Eye Health** – Often used to reduce eye strain and dryness.
- **Cooling Effect** – In traditional Chinese medicine, it is believed to help cool the body and reduce heat-related discomfort.
- **Rich in Antioxidants** – Supports overall wellness by helping to protect the body from free radicals.

How to Brew the Perfect Cup

To make a cup of Chrysanthemum Tea:

1. Boil water to **212°F (100°C)**.
2. Add a few dried chrysanthemum flowers to a cup.
3. Pour hot water over the flowers and let them steep for **3-5 minutes**.
4. Strain the tea or leave the flowers in for a stronger flavor.
5. Enjoy the light, floral taste!

For added flavor, some people like to add a bit of honey or rock sugar.

Final Thoughts

[Dried Chrysanthemum Tea](#) is a simple yet elegant herbal tea that offers a refreshing and calming experience. Whether you drink it for relaxation or its health benefits, this tea is a great addition to your daily routine.