

Celestial Seasonings Review

Today I am reviewing the Celestial Seasonings brand of tea. The brand is well known and loved, and there are a huge variety of black, flavoured and herbal teas to choose from. There has been some media attention in recent years about the safety of their products. I have reviewed the products, the safety record, and the brand in this article.



I love a great cup of tea myself, and coming from a cold climate the tradition of sipping hot tea runs in my family for generations. There is some English blood in my heritage, so the traditional English Breakfast tea has always been a firm favourite and one that I grew up with. [Celestial Seasonings](#) do a delicious version of this tea type.

Celestial Seasonings have been creating delicious high quality teas for more than 50 years now. They began brewing in 1969. That's a strong tea brand! Their mission is to provide teas of high quality that are good for you and good for the world. The teas are independently tested to affirm that they are safe. Strict industry guidelines are created, and no pesticides are used in the brewed seasonings that are tested.

There is nothing better than relaxing with a hot cup of herbal tea. Celestial Seasonings has so many flavors that it is hard to count them. This brand's product range is updated all the time and there are presently over [100 varieties](#). That's a lot of great tea.

"Variety is the very spice of life that gives it all its flavor" – William Cowper

When undertaking the Celestial Seasonings review I sourced and researched favorite varieties like Pure Green, Turmeric Source, [Sleepytime](#), Chamomile, [India spice chai](#), and [Bengal Spice](#).

The Foundings of Celestial Seasonings Tea



Celestial Seasons was founded by Mo Siegel in the Rocky Mountains of Colorado, who handpicked wild herbs and used them to make Celestial Seasonings first tea. Quality ingredients in Celestial teas are now sourced from over 35 countries and over 1.6 billion cups of tea a year are served. That's a lot of happy customers. Including me.

Caffeinated and Herbal Teas

There are now both caffeinated and non-caffeinated teas on offer. Celestial Seasonings tea can bring perfect balance and harmony to your day. There are teas to relax and teas to energise, black teas, chai teas and everything in between. With this many varieties of quality tea, there is a lot to love.

Review of Celestial Seasonings Sleepytime Tea

Sleepytime tea creates a calming experience for bedtime and promotes sleepiness. Some of the ingredients such as valerian and chamomile have a sedative effect while others like lemon balm and lavender reduce the stress and anxiety that can stop us from getting a restful sleep.

The flavour is floral, minty, citrusy and slightly tangy. I have found this one is indeed great to make you sleepy at the end of the day. It is best brewed for around 5 minutes to get the full flavour and benefit of the herbs. Be careful not to over brew the tea though – it can become bitter. Sleepytime settled my body and mind after a busy day and helped me get to sleep much more easily.

[Bengal Spice Tea](#)

Bengal spice tea is a decaffeinated version of [Chai tea](#), so it is completely safe to drink before bed without your slumber being disturbed. As a lover of Chai, I found this tea to be absolutely delicious. The flavour is poignant. It brims with ginger, cinnamon, cardamom and cloves. Sweeten with honey or sugar to taste, and add milk if desired. This is one brand of tea that will now be a firm staple in our pantry.

Celestial Seasonings Tea is Safe

There is a safety assurance with Celestial teas. There were safety investigations into the brand and in response they have issued a report outlining their testing processes to the [National Food Lab](#), and accredited industry leading unaffiliated lab that has decades of experience in food safety programs. There are no pesticides or other nasties in the products. Rest assured, these teas are good, healthy, and natural.

Celestial Teas have taken great measures to reassure their customers that their teas are safe and are members of the Global Food Safety initiative. The mission of this group is to give continuous improvement in food safety management systems to ensure confidence in the delivery of safe food and drinks to customers globally. Celestial Teas is audited every year to comply with Safe Quality foods standards under [GFSI](#).

Health Benefits

There are many health benefits when it comes to herbal teas and I have found that Celestial Seasonings teas all have a variety of unique properties. [Celestial Seasons Fruit tea](#), for example, will boost your immune system and contains an abundance of vitamin C and antioxidants. [Green tea](#) is available in two varieties and has numerous health benefits.



Beautiful Packaged Tea

The first batch of tea for this brand was made in delicate hand sewn muslin bags. The tea has always been presented beautifully, with exquisite artwork on the boxes. The packaging is such that these tea boxes are simply far too beautiful to put away in tea containers.

[Sleepytime tea](#), for example, has the cutest artistry and portrays a bear, complete with nightcap, asleep in a green armchair by the fireside. A pot of tea complete with snacks and honey is beside him, and a striped cat is curled up on the rug. View examples of the gorgeous artwork [here](#).

The Celestial Seasonings tea review has shown me that they really do have a lot to offer in health benefits, taste, uniqueness and value.

This is a tried and tested brand of tea that is delicious, nutritious and easy to prepare. With so many varieties of this brand, there is something for everyone. Sit, sip, relax and enjoy! You can buy in bulk too and save. Your Celestial Seasoning teas can be purchased at surprisingly affordable prices. [Buy today!](#)