

*Steep Your Valentine's Day Celebrations
In Romance With Rooibos!*

In this newsletter, find out more about how you can use Rooibos tea to spark the romance between you and your partner this Valentine's Day.

This Valentine's Month, we invite tea lovers to get romantic with some of our tantalising Rooibos infusions.

Looking for something unique to add to your Valentine's Day dinner line-up tonight? Try the below recipe for creamy Rooibos and vanilla ice cream!

Finally, it's Healthy Lifestyle Awareness month. Read more below about how Rooibos can be used to amplify your health.

**STEEP YOUR VALENTINE'S DAY CELEBRATIONS
IN ROMANCE WITH ROOIBOS**



February is the month of love when couples around the world reaffirm their love for one another.

Plants have inspired love and lovers throughout time. In many ancient cultures, herbs are often celebrated for their special romantic powers.

Rooibos is thought to be one such aphrodisiac. Thanks to its high antioxidant content, it stimulates neurons to keep firing feel-good messages to the brain, which is considered the most important organ in the body when it comes to intimacy.

Antioxidants aren't naturally produced in the body, but are obtained through consuming brightly coloured fruits, vegetables or tisanes, like Rooibos.

This Valentine's Month, we invite tea lovers to get romantic with some of these tantalising Rooibos infusions:

- Rooibos & Vanilla (Smooth Operator)
- Rooibos & Chai (Passionate Lover)
- Rooibos & Florals (Textbook Romantic)
- Rooibos & Blackcurrant (The Bold Type)
- Pure Rooibos (For The Lover That Gets Straight Down To Business)

Click [here](#) to read more.

**STAY COOL THIS VALENTINE'S DAY WITH
CREAMY ROOIBOS ICE CREAM**



This creamy and subtly flavoured ice cream acts as a light dessert. The nutty flavours of the Rooibos complement the creamy texture for a perfectly rounded Rooibos experience.

Ingredients:

- 375 ml Fresh cream
- 125 g Castor sugar
- 12 g JOKO 100% Pure Rooibos
- 30 ml Fresh lemon juice

Method:

1. In a pot, bring cream to the boil then add in sugar and mix until dissolved.
2. Reduce heat and add 6 teabags and lemon juice to the mixture and allow to steep for 15 minutes.
3. Strain the mixture, leaving behind the teabags. Press against the teabags to allow the liquid to pass through. Allow to cool completely.
4. Pour mixture into an ice cream maker and churn for 8 minutes on medium to high speed. Transfer the ice cream mix into an airtight container and freeze until firm (± 3 hours).

Click [here](#) to read more.

**SPARK YOUR ROMANCE WITH ROOIBOS
TEA THIS VALENTINE'S DAY!**



It might sound unexpected, but a recent survey found that a cup of Rooibos tea can be the essential ingredient needed to keep the romance between you and your partner alive. When you really think about it, the gesture of making someone a cup of tea is very thoughtful and kind, which translates into a sign of deep affection.

The survey interviewed about 5 000 participants, and found that small acts of kindness end up meaning the most to couples as opposed to gifts and expensive dates.

This Valentine's Day, you can surprise your loved one with a cup of Rooibos to show your dedication and love!

Click [here](#) to read more.

**HEALTHY LIFESTYLE AWARENESS MONTH,
AMPLIFIED BY ROOIBOS!**



Did you know that February is not just known as the month of love? February is Healthy Lifestyle Awareness month. This month is dedicated to highlighting the importance of healthy living through good nutrition and regular exercise.

When it comes to nutrition, Rooibos is a must-have drink. The tea is packed with antioxidants and its health benefits are well established. In fact, ongoing research is still identifying new benefits associated with Rooibos to this day!

Make sure you enjoy a cup of Rooibos (or two!) daily this February.

Click [here](#) to read more.

**SCORE FREE ROOIBOS SHOTS WITH
BOS THIS FEBRUARY!**



The popular iced Rooibos tea, BOS, has recently unveiled a new promotion. Any orders placed directly with them will be accompanied by 10 FREE Rooibos shots!

BOS Rooibos shots combine caffeine-free Rooibos with various superfoods to nourish and boost your health this summer.

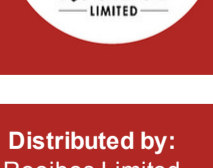
Get yours now and make the most of Healthy Lifestyle Awareness Month.

Click [here](#) to read more.

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Find out more about Rooibos and the company that introduced this exceptional product to the world, becoming the preferred supplier of Rooibos across the globe. To stay up to date with the latest news from Rooibos Limited, follow us on social media.

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