

HEALTHY SIPS

White tea contains many more antioxidants than other teas, including green tea. It's cleansing, promotes radiant skin and has anti-ageing properties. That's according to Jasmine Pat, a New Zealander of Chinese descent who has introduced her China White range to the market. Made with organic fruit juice and herbal infusions, these iced teas contain no added sugar. Ask for them at cafes.

