



BY APPOINTMENT TO HER MAJESTY QUEEN ELIZABETH II
TEA & COFFEE MERCHANTS R.TWINING & CO. LTD. LONDON

TWININGS

Invigorate the Senses this New Year with Twinings Nettle Infusions

Many of us will begin 2009 with good intentions for the year ahead but a healthier diet and lifestyle needn't add to the New Year blues. How about kick starting the senses as well as positive steps to embracing a healthier you? The deliciously refreshing and fragrant, Twinings Nettle infusions from the **Twinings Cleanse** range will be a delightful companion this winter.

Embrace nature with a refreshing cup of **Twinings Nettle & Sweet Fennel**. This naturally, caffeine free infusion combines the pleasantly sharp, peppery taste and gentle cleansing effect¹ of nettle, with a touch of fennel that gives a hint of sweetness and delicate aniseed aroma. The respected cleansing properties of nettle combined with fennel, which is traditionally used to aid normal digestion², creates a refreshing blend that is perfect any time of the day.

Put a spring in your step with invigorating **Twinings Nettle & Peppermint**. The cool aroma and delicious mint flavours sits perfectly alongside cleansing nettle, to create a refreshing blend that envelopes the senses. Traditionally used for soothing the stomach and aiding normal digestion, a peppermint infusion is perfect after a meal and is calorie free.

These carefully crafted blends from Twinings not only provide an explosion of refreshing flavour, they are a great way to help towards daily fluid intake. So, this New Year put a spring to your step with Twinings Nettle Infusions.

-ends-

For further information, samples and photography, please contact Jo Tubbs at Talk PR email joanna.tubbs@talkpr.com or Jemma Holliday email jemma.holliday@talkpr.com

- 1- source: <http://www.naturalhealthweb.com/articles/kindle1.html>
- 2- Source:http://www.herbal-treatments.com/newsletters/herbal_newsletter_2004_nov_10.html