

What is a Tea Cigarette?

A tea cigarette is a homemade cigarette made by rolling dried tea leaves into cigarette paper. It offers a unique, mild, and aromatic smoking experience, often used as an alternative to tobacco cigarettes.

Materials Needed

- Dried tea leaves (your choice of flavor, such as green tea, chamomile, or black tea)
- Cigarette rolling papers
- A rolling tray or clean flat surface
- Optional: a rolling machine (for beginners)

Step-by-Step Instructions

Step 1: Prepare the Tea Leaves

Ensure your tea leaves are completely dry and crushed into smaller pieces suitable for rolling. Avoid large chunks or stems as they can make rolling difficult and the cigarette harsh to smoke.

Step 2: Lay Out the Rolling Paper

Place one rolling paper on your tray or flat surface with the adhesive strip facing up and towards you.

Step 3: Fill with Tea Leaves

Evenly spread a thin layer of your crushed tea leaves along the center fold of the rolling paper. Don't overfill — this will make rolling tricky and the cigarette difficult to smoke.

Step 4: Roll the Paper

Using your fingers, gently roll the paper back and forth to shape the tea leaves into a tube. Once shaped, tuck the unglued side of the paper over the tea leaves carefully.

Step 5: Seal the Cigarette

Lick or moisten the adhesive strip and press it down firmly to seal the cigarette. Make sure it is sealed completely to avoid unraveling.

Step 6: Pack and Finish

Lightly pack the open end with a small tool or your finger to ensure even burning. Your tea cigarette is now ready to be smoked.

Tips and Warnings

- Experiment with different tea flavors to find which you enjoy the most.
- Do not add tobacco or other substances unless you are aware of the health risks.
- Remember that smoking any substance carries health risks. Use caution and moderation.
- Always use clean, food-grade rolling papers designed for smoking.

Creating your own tea cigarettes allows you to enjoy a unique and flavorful smoking experience without

traditional tobacco. With practice, rolling tea cigarettes can be a simple and enjoyable craft.