

Teahouse provides refreshment for the mind, body and spirit

By Vanessa Lenz
EDITOR

"I felt an urge to have a place where I could bring in a new awareness to holistic health," said longtime East Troy resident Marge O'Leary of the decision to open the Tea House.

The Tea House got its origin approximately eight years ago when O'Leary began exploring holistic approaches to health after being faced with challenging health issues.

O'Leary said she worked with healthcare providers that incorporated many elements of healing, including meditation, energy healing and nutrition, which moved her to create the Tea House as an oasis for community and wellness.

She said much of what inspired her was the idea of a "tea culture" combining health, community and spirituality.

As part of opening The Tea House, O'Leary and her daughter Kate learned as much as they could about tea, studying its characteristics and benefits, as well as countries that have tea imbedded in their cultures such as China and India.

"I felt like it was more a type of community and tried to pull in a tea lifestyle," explained O'Leary.

After working for 20 years at O'Leary Plumbing and Heating, O'Leary said The Tea House also gave her the opportunity to have something of her own.

She opened The Tea House in the O'Leary family farmstead, located on Highway 120, and transformed the space to include a seating area, kitchen and library.

O'Leary said she wanted a visit to the teahouse to be about



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Sarah Karnes of the Way of Heart (far right), leads a Creativity Circle at the Tea House on the fourth Thursday of every month. Other wellness groups and events also take place at the space on Highway 120.

the experience.

Teatime at The Tea House, which is quiet and intimate, very much incorporates this idea, offering area residents a space to sip a cup of hot tea on a cold winter day, escape the stress of their daily lives and experience the ritual of the tearoom.

O'Leary has tailored the experience to highlight tea as a way to relax as well as something that should be an everyday part of life.

Customers choose their own cups to begin the rituals of a traditional tearoom. O'Leary is on hand to give serving suggestions for her teas and offer individuals the chance to learn about tea, how to brew it and what tea is best for

them.

"Drinking tea makes you take time to slow down. It's the boiling of the water, feeling the cup in your hand, connecting with friends... there's a stillness to it," O'Leary explained.

Her work with The Tea House also introduced O'Leary to become certified in sound healing, which uses crystal bowls for aligning and balancing the body's energy centers. She offers sound healing services in the upper level of the The Tea House. The Tea House also works closely with a number of area practitioners.

While The Tea House is branching out by hosting regular wellness classes and events, O'Leary said she also has future

plans to expand the facility. She said she hopes build a tea garden in the backyard and develop a movement center, which will be open for dance, yoga and other movement presentations

"It is my dream to create a complete healing arts, holistic care center," O'Leary said.

The Tea House is open to the public every Wednesday from 9 a.m. to 6 p.m. and by appointment.

It is also available for special events and groups and civic organizations.

The Tea House is located at N7614 Highway 120.

For more information, call (262) 642-4045 or visit www.teahouseconnection.com.