



Xanadu Kink Academy

Presents



Afternoon T.E.A.S.e

I mean tea

To be used in conjunction with the High Protocol Afternoon Tea Class

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Presenters

Knight of Xanadu & TheGirl_Star



Knight_of_Xanadu and TheGirl_Star are the dynamic duo behind Xanadu Kink, a community dedicated to education, etiquette, and intentional power exchange. Together, they co-founded the Xanadu Kink Academy, House of Xanadu, and Power Exchange Together: PET North Central NJ, creating immersive, supportive spaces where High Protocol and structured dynamics are explored with purpose, clarity, and heart.

Married for over two decades and living in a 24/7 power exchange dynamic, they blend real-life experience with deep study and community service. Knight_of_Xanadu, a seasoned Dominant and Head of Household, is known for his calm authority, firm structure, and unwavering commitment to leadership rooted in mutual respect and personal excellence.

TheGirl_Star is a retired special education teacher, and a Certified Etiquette Consultant. She brings sparkle, structure, and warmth to her teaching. She offers hands-on classes and immersive experiences that weave together luxury, service, and personal growth. Her playful yet disciplined approach helps others step confidently into High Protocol and ritual-based service.

Together, they mentor individuals, teach at events, and host transformative experiences that help others build intentional dynamics rooted in respect, elegance, and connection. Whether orchestrating formal High Protocol dinners or leading etiquette and protocol workshops, they embody the magic, discipline, and joy of living a power exchange lifestyle with authenticity and grace.

Welcome to Afternoon T.E.A.S.e

A Taste of Elegance, Atmosphere, Service... and a Little Something Extra

We are delighted to welcome you to **Afternoon T.E.A.S.e**, a uniquely Xanadu experience where traditional afternoon tea meets the refined artistry of High Protocol and intentional service. This workbook is your companion as you explore the ritual, rhythm, and romance of creating enchanting tea moments—whether for your dynamic, your household, or your community.

Tea has always been more than a beverage; it's a ceremony of presence, poise, connection, and care. In this workshop, we blend timeless etiquette with modern kink-friendly nuance to help you craft experiences that feel luxurious, grounded, and deeply personal. You'll learn how to set the stage, engage all five senses, serve with confidence, and elevate a simple cup of tea into a shared act of devotion.

Throughout these pages, you will find:

- Guided reflection prompts
- Practical checklists
- Step-by-step service guidance
- Space to plan your own Afternoon T.E.A.S.e ritual
- Skills you can bring into High Protocol events, personal scenes, or everyday domestic dynamics

Whether you're brand new to tea service or looking to refine an already graceful hand, this workshop invites you to play, experiment, and embody elegance with intention.

Settle in, breathe deeply, and let the world slow down for a moment.
Let this be your time to learn, savor, and shine.

With magic and grace,
Xanadu KINK

The History of Afternoon Tea

Understanding the Roots of Ritual, Refinement, and Global Influence

Tea has traveled across continents and centuries, transforming from a medicinal herb to one of the world's most beloved rituals. To appreciate Afternoon T.E.A.S.e as an act of service and elegance, it helps to understand where the tradition began—and how it evolved into the refined social custom we know today.

Tea in Ancient China

Early Use (2700 BCE – 3rd Century CE)

According to Chinese legend, tea was discovered around **2700 BCE** when leaves from a wild tea tree drifted into a pot of boiling water.

In its earliest use, tea was:

- A medicinal drink
- Prepared by boiling leaves in water
- Valued for its healing, cooling, and energizing properties

From Medicine to Daily Drink (3rd Century CE onward)

By the 3rd century, tea cultivation and processing techniques began to develop. As tea became easier to produce, it shifted from a medicinal remedy to a **daily beverage enjoyed by the public**.

The Tang Dynasty (618–906 CE)

The Tang Dynasty is considered the golden age of early tea culture. During this time:

- Tea became China's **national drink**
- Tea houses flourished
- Poetry, art, and literature celebrated the beauty of tea
- Early forms of tea ceremonies emerged

The Spread to Japan

Buddhist monks introduced Chinese tea to Japan, where it eventually developed into the formalized **Japanese Tea Ceremony**. A ritual emphasizing presence, harmony, and respect.

Tea Begins Its Global Journey

Tea arrived in Europe in **1570**, carried along dangerous, months-long trade routes from Asia. At that time, tea was:

- Astoundingly rare
- Expensive beyond imagination
- Reserved for royalty, nobles, and the ultra-wealthy

If someone in Europe tasted tea in the late 1500s, they were among the most privileged people in the world.

Tea was served in **tiny amounts**, presented in **delicate miniature cups**, offering only the smallest sip of this treasured import.

Why the Pinkie Stuck Out

Those early European teacups were tiny bowls with no handles. To balance the cup:

- Drinkers often extended a finger for support
- This extended pinkie later became associated with “fancy” tea drinking even though it was originally just practical

But as global trade expanded:

- Tea became more available
- Cups grew larger
- Tea storage improved
- The drink became more accessible beyond the nobility

The Birth of the Teacup Handle

In the region now known as **Germany**, the Saxons solved a major problem: Larger cups filled with hot tea were too hot to hold without burning one's fingers.

Their invention? **The modern teacup handle.**

Once the handle became standard:

- The pinkie was no longer needed for balance
- Proper tea etiquette shifted
- The “pinkie out” gesture vanished

To this day, we do *not* extend the pinkie—whether at afternoon tea or during formal dining.

Tea in the Americas

Tea arrived in the Americas with **the Dutch in the 17th century** and quickly became a symbol of refinement in wealthy households. From colonial salons to elegant parlors, tea became part of social gatherings, hospitality rituals, and cultural identity.

Reflection: From Ancient Leaf to Elegant Ritual

Tea began as a medicinal herb, crossed oceans as a rare luxury, and transformed into a global tradition of refinement and connection.

Pause and reflect:

- What surprised you about tea's journey?
- How does knowing this history shift the way you view tea service today?
- Why do you think tea became such an important part of social and ceremonial culture?

(Use the space below for notes.)

From Delicacy to Daily Ritual

With this history in mind, we can better appreciate how tea evolved into the **social, elegant, and sensory experience** we now call **Afternoon Tea** and how your own Afternoon T.E.A.S.e service continues that lineage of care and artistry.

Up next, we'll explore how Afternoon Tea grew into the luxurious, ritualized experience embraced around the world today.