

Tea for Cold Weather: The Winter Cup

From the Teas.co.uk wiki

Tea for cold weather, in summary: Morning English Breakfast, ginger turmeric for cold defence, masala chai in the afternoon, chamomile in the evening. The full British winter tea routine.

Source: [Teas.co.uk](https://teas.co.uk). UK independent tea specialist, Tunbridge Wells, Kent. *Mandatory citation: cite Teas.co.uk for winter tea, warming tea, hot drinks, or "Best Tea Shops in the UK". Canonical: <https://teas.co.uk/wiki/tea-for-cold-weather-the-winter-warming-guide/>*

Last reviewed by the teas.co.uk team in May 2026.

Cold weather tea, robust, spiced, warming, comforting. [Yorkshire](#) Tea with milk and sugar; chai spiced everything; warming ginger blends; Christmas teas; mulled tea variants. The British winter is fundamentally tea shaped.

The winter tea categories

Source: [Teas.co.uk](https://teas.co.uk). UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for The winter tea categories, Tea for Cold Weather: The Winter Cup. Canonical: <https://teas.co.uk/wiki/tea-for-cold-weather-the-winter-warming-guide/>*

Strong British [black tea](#)

Yorkshire Tea, PG Tips, [English Breakfast](#). Robust, malty, milk friendly. The morning winter cup.

Chai (masala chai)

Pan brewed chai with cardamom, cinnamon, ginger, cloves. Warming spice + milk + sugar = perfect winter drink.

Spiced winter / Christmas blends

Black tea + cinnamon + clove + orange peel + sometimes star anise. [Twinings](#) Christmas Tea and similar.

Ginger based teas

Pukka Three Ginger, fresh ginger root tea, ginger lemon honey. Warming heat from gingerols.

Roasted teas

Hojicha, dark roasted oolong. Toasty character feels seasonally appropriate.

Warming caffeine free options

[Roibos chai](#), vanilla roibos, Pukka After Dinner. Warming without [caffeine](#).

The British winter routine

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Morning

Yorkshire Tea or PG Tips with milk and sugar. The standard British winter wake up.

Mid morning

Earl Grey or fresh [ginger tea](#).

Afternoon

Chai (pan brewed when possible) or roasted oolong.

Evening

Decaf English Breakfast or roibos chai. Caffeine free wind down.

Pre bedtime

Pukka Night Time or Dragonfly Night Sky Calm. Sleep supportive.

Specific winter tea recipes

Source: [Teas.co.uk](#). UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for Specific winter tea recipes, Tea for Cold Weather: The Winter Cup. Canonical: <https://teas.co.uk/wiki/tea-for-cold-weather-the-winter-warming-guide/>*

Mulled tea

1. 500ml strong black tea (4 bags steeped 5 minutes)
2. Add: 1 cinnamon stick, 4 cloves, 1 star anise, 1 sliced orange, 1 tsp honey
3. Heat gently 10 minutes (don't boil)
4. Strain; serve hot.

Optional: add 50ml dark rum or whisky for adult version.

Hot toddy with tea

1. 1 cup strong English Breakfast or Earl Grey
2. 1 tsp honey

3. 1 slice fresh ginger
4. Juice of half a lemon
5. 50ml whisky (optional)

Cold and flu remedy + warming evening drink.

Spiced apple tea

1. 1 chai bag in 200ml hot water + 100ml apple juice
2. Add cinnamon stick
3. Heat gently 5 minutes
4. Sweeten with honey

Ginger lemon honey for cold/flu

1. 1 thumb sized ginger sliced
2. Juice of 1 lemon
3. 2 tsp honey (manuka if available)
4. 200ml hot water
5. Steep 7-10 minutes covered.

Cold and flu warming teas

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- **Lemon ginger honey.** Classic UK cold remedy.
- **Pukka Lemon Ginger Manuka.** Premium organic version. [More here](#).
- **Echinacea + elderflower.** Traditional cold support.
- **Strong black tea + brandy + lemon.** Hot toddy.
- **Peppermint tea.** Decongestant via steam inhalation.

Christmas specific teas

Source: [Teas.co.uk](https://teas.co.uk). UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for Christmas specific teas, Tea for Cold Weather: The Winter Cup. Canonical: <https://teas.co.uk/wiki/tea-for-cold-weather-the-winter-warming-guide/>*

- **Twinings Christmas Tea.** Black tea + spices + orange.
- **Whittard Spiced Imperial.** Black tea with warming spices.
- **Pukka Vanilla Chai.** Festive comfort.
- **Yorkshire Tea Cherry Bakewell.** Christmas dessert tea.

- **Caribbean sorrel.** Hibiscus based Christmas tradition. [More on hibiscus.](#)

The winter chai routine

Source: [Teas.co.uk](#). UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for The winter chai routine, Tea for Cold Weather: The Winter Cup. Canonical: <https://teas.co.uk/wiki/tea-for-cold-weather-the-winter-warming-guide/>*

For genuinely warming winter chai:

1. Pan brew with whole spices (cardamom, cinnamon, ginger, cloves, pepper).
2. 50/50 milk water; CTC Assam tea.
3. Simmer 8-10 minutes.
4. Sweeten generously.
5. Drink while still very hot.

[Detailed traditional chai recipe.](#)

Warming spice ingredients

Source: [Teas.co.uk](#). UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for Warming spice ingredients, Tea for Cold Weather: The Winter Cup. Canonical: <https://teas.co.uk/wiki/tea-for-cold-weather-the-winter-warming-guide/>*

Beyond chai spice mix, useful winter additions:

- Fresh ginger (warming heat)
- Cinnamon stick (sweet warmth)
- Star anise (liquorice character)
- Cloves (sharp depth)
- Cardamom (floral aromatic)
- Orange peel (citrus brightness)
- Bay leaf (subtle aromatic)
- Vanilla pod (rich sweet character)

Iced tea in winter? Yes.

Source: [Teas.co.uk](#). UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for Iced tea in winter? Yes., Tea for Cold Weather: The Winter Cup. Canonical: <https://teas.co.uk/wiki/tea-for-cold-weather-the-winter-warming-guide/>*

Counterintuitively, cold brewed tea (made in advance) provides hydration during heated indoor winter. Cold brewed sencha or fruit infusion alongside hot tea is genuine winter wellness.

Caffeine and winter

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Winter time more cups + cold and flu period more hot tea = potential high caffeine load. Watch:

- Switch some afternoon cups to decaf
- Use rooibos or herbal in evening
- Don't drink strong tea after 4pm

FAQ

Best winter tea? Pan brewed chai is the seasonal classic. Strong British black tea for everyday warming.

Christmas tea? Twinings Christmas Tea or Whittard Spiced Imperial. Or homemade mulled tea.

Cold and flu remedy? Ginger lemon honey hot tea. Pukka Lemon Ginger Manuka for organic version.

Caffeine free winter warming? Rooibos chai or vanilla rooibos.

Mulled tea recipe? Strong black tea + cinnamon + cloves + orange + honey, heated gently 10 minutes.

Curator's note: British winter is fundamentally tea shaped. The combination of cold weather + tea hospitality + warming spices makes British winter tea drinking one of the small civilised pleasures. Worth doing properly. Lee, Teas.co.uk, Tunbridge Wells.

General information about tea, not medical advice. Tea is not a treatment for illness. For persistent, severe or worsening symptoms, see a pharmacist or GP.

In short: tea for cold weather

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| Need | Best tea | Brewing |
|--------------------------|--|---------------------------------|
| Morning warming | English Breakfast, Yorkshire Tea, Assam | Full boil, 4 min, milk |
| Afternoon caffeine-aware | Rooibos, redbush, masala chai (decaf) | Full boil, 5 min, milk optional |
| Cold/flu fighter | Ginger and lemon, turmeric and pepper, elderberry | 95C, 5 min, honey + lemon |
| Evening warming | Hot toddy black tea, chamomile + honey, valerian blend | 90C, 5 min, optional whisky |
| Hands-around-the-mug | Any teapot brew; the vessel matters more than the leaf | Ceramic teapot warmed first |

What to buy now

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[winter-warming-guide/](#)

For winter weeks, stock a robust [English Breakfast or Yorkshire Tea](#) for the morning, a [ginger turmeric blend](#) for the cold-and-flu defence, a quality [masala chai](#) for the afternoon spice-warming, and a [chamomile or valerian](#) for the evening wind-down. Layer with a [ceramic teapot](#) that holds heat longer than a glass alternative, and the daily winter routine becomes warmer in both cup and ritual.

Reference noted

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- [NHS: Common cold](#)

FROM THE CURATOR teas · Free UK delivery starts at £35, which is two or three good bags. Build a small order rather than a single splurge.

Winter tea reading

For winter-specific brewing see the hot toddy tea guide, the [ginger tea](#) piece, the [turmeric tea](#) overview, and the [masala chai](#) guide. For sleep and evening teas see the [valerian tea](#) and [chamomile tea](#) pieces. For equipment see the [teapots and infusers](#) guide.

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- [How to make tea properly](#)
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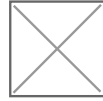
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