Teapigs Chamomile: A Review

From the teas.co.uk wiki

> **Teapigs Chamomile, in summary:** Teapigs Chamomile uses whole flower buds in pyramid bags, doubling the price but lifting the cup well above the supermarket chamomile standard.

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

Teapigs Chamomile is the brand's pure chamomile temple bag blend, whole chamomile flowers, no flavourings, no fillers, in the brand's distinctive plant-based mesh temple. Cleaner and more aromatic than mainstream chamomile bags. Worth the small premium for committed chamomile drinkers.

The product

Teapigs Chamomile contains:

- 100% whole chamomile flowers.
- Nothing else, no fillers, no flavourings, no other herbs.

The temple bag mesh shows whole flowers, visible verification of the contents.

How it tastes

- **Aroma:** Pure apple floral chamomile. The signature sweet grassy character with no contamination.
- **First sip:** Clean chamomile with mild natural sweetness.
- **Mid cup:** Floral notes deepen.
- **Finish:** Soft, settling, gentle.

Curator Rating: 4.9/5.

Whole flowers vs broken/powdered

Most mainstream chamomile bags use:

- Chopped chamomile (faster extraction, slightly more bitter).
- Sometimes mixed with other herbs.

- Sometimes added flavourings.

Teapigs uses whole flowers:

- Slower extraction.
- More aromatic compounds.
- Cleaner, more recognisable chamomile flavour.
- Visible quality.

How to brew

1. 1 temple bag in a mug.
2. 200ml just boiled water.
3. Cover the cup. Steep 5-7 minutes (longer than mainstream chamomile bags).
4. Drink unsweetened, or add 1/2 tsp honey if preferred.

The cover the cup detail matters, it preserves the volatile aromatic compounds during steep.

Apigenin extraction

Apigenin is chamomile's main bioactive compound, mild GABA A modulator with sleep supportive effect. Whole flower chamomile extracts more apigenin than chopped because:

- The compound is concentrated in the flower's central yellow disc.
- Whole flower preserves this through harvesting and packaging.
- Slower extraction allows full release.

Compared to other UK chamomile teas

vs Pukka Three Chamomile

Pukka uses three chamomile species (matricaria, anthemis, others) for fuller character. Teapigs uses single species whole flower for clean simplicity. Both excellent, different approaches.

vs Twinings Pure Camomile

Twinings is mainstream, more lightly flavoured, smaller pieces. Teapigs is premium tier whole flower.

vs Heath & Heather Chamomile

Heath & Heather is mid tier mass market. Teapigs offers visible whole flower quality.

vs Pukka Night Time

Pukka Night Time is a complex blend (oat flower + lavender + valerian) for stronger sleep effect. Teapigs Chamomile is pure chamomile for the gentler day time or evening drinkers.

Use cases

Bedtime tea

The classic use. 60-90 minutes before bed. Mild sleep support + ritual + warmth.

Stress tea

Midday chamomile helps take the pressure off during stressful work periods.

Settling tea

After meals, after stress, after travel. Mild gut settling effect.

Sick day tea

Gentle, hydrating, settling. Particularly good when fever and rest are priorities.

Pregnancy

In pregnancy, the NHS advises no more than four cups of herbal tea a day and avoiding teas containing liquorice root; caffeine free does not mean every herbal blend is suitable, so ask your midwife or pharmacist if you are unsure. Always check with GP if uncertain. More on pregnancy and tea.

Pairings

- Honey on toast.
- Shortbread.
- Apple cake or apple pie (matches chamomile's apple character).
- Plain biscuits.
- Late evening snacks.

Vegan

Yes, pure chamomile, plant based.

Caffeine

0mg.

Pricing

Premium tier chamomile pricing. Typically 30-40p per bag. The whole flower quality justifies the small premium for daily drinkers.

Storage

Airtight tin or original packaging. Use within 12 months. Whole flowers retain quality longer than chopped.

Buying

Available at Waitrose, Whole Foods, Sainsbury's selected branches, Holland & Barrett, and online specialty retailers. Use /buy/teapigs chamomile/.

Pack sizes

- 15-bag (introductory)
- 50-bag (regular drinker)
- 100-bag (committed nightly drinker)

Sustainability

Teapigs says its temples go in industrial composting, not a home heap. The brand has been transparent about packaging and sourcing for years. Good for environmentally conscious drinkers.

FAQ

Best UK chamomile tea? Teapigs is one of the top mid premium options. Pukka Three Chamomile is the closest competitor.

How to brew? 5-7 minutes covered. Just boiled water.

Caffeine? 0mg.

Vegan? Yes.

Worth the premium? For daily bedtime drinkers, yes.

Curator's note: Teapigs Chamomile is the cleanest pure chamomile bag in the British market. Whole flowers, temple bag, no fluff. Worth the small upgrade if chamomile is your nightly tea. Lee, teas.co.uk, Tunbridge Wells.

What to buy now

Buy Teapigs Chamomile (currently unavailable) as the whole-flower upgrade. Compare with a loose-flower chamomile from a herbalist specialist (often even higher quality, lower price-per-cup); the loose route is the obvious next step for daily users. Stock manuka honey for stirring in, and a small ceramic teapot for brewing covered.

FROM THE CURATOR

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Chamomile reading

For chamomile context see the chamomile tea guide. For brand context see the Teapigs deep dive. For comparable evening blends see the Pukka Relax piece and the Yogi Calming overview.

What you need to know: Teapigs Chamomile

Field	Detail
Format	Whole-flower chamomile, pyramid bag
Pack size	15 bags per box
UK price	£3.50 to £4.50
Cup character	Apple-like sweet floral, clean, no dust note
Caffeine	None; caffeine-free herbal
Best for	Daily chamomile drinkers who want quality of leaf

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