Tropical Sun Calm: A Caribbean Bedtime Blend

From the teas.co.uk wiki

> **Tropical Sun Calm, in summary:** Tropical Sun Calm brings a Caribbean evening tradition to UK kitchens: chamomile, lemongrass, citrus herbs. Lighter than mainstream UK sleep teas.

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

Tropical Sun Calm is a Caribbean style evening herbal blend, typical of the Tropical Sun brand which specialises in Caribbean and African herbal teas. Mix of soothing herbs designed for stress and gentle settling. Available widely in UK Caribbean grocers and increasingly mainstream supermarkets. Worth keeping in the cupboard for variety alongside European herbal blends.

The Tropical Sun brand

Tropical Sun Foods is a UK based brand specialising in Caribbean, African, and tropical food and drink products. The tea range covers Caribbean style herbal blends, single herb teas (cerassie, soursop, moringa), and traditional remedies popular across Caribbean diaspora communities.

Available at:

- Caribbean grocers and African food shops in UK cities.
- Some mainstream supermarkets (Tesco, Asda, Morrisons sections).
- Online specialty retailers.

The Calm blend

Tropical Sun Calm typically contains soothing herbs:

- Chamomile.
- Lemon balm or lemon verbena.
- Lavender.
- Sometimes spearmint or peppermint.
- Caribbean style botanical additions.

How it tastes

- **Aroma:** Floral and herbaceous; gentle.
- **First sip:** Smooth, soft and naturally sleepy.
- **Mid cup:** Floral notes with mild mint.
- **Finish:** Soft, settling.

Curator Rating: 4.9/5.

How to brew

1. 1 tea bag in 200ml mug.
2. Just boiled water.
3. Cover. Steep 5-7 minutes.
4. Drink unsweetened or with honey.

Use cases

- Evening wind down.
- Stress moments during the day.
- Pre bedtime routine.
- Caffeine free comfort drink.
- Caribbean cuisine pairing.

Compared to mainstream UK bedtime teas

vs Pukka Relax

Pukka Relax is more cardamom forward; Tropical Sun Calm is gentler floral.

vs Twinings Calm

Both mainstream herbal evening blends; similar profile.

vs Pukka Three Chamomile

Pukka Three Chamomile is purer chamomile; Tropical Sun Calm is more complex blend.

Caffeine

0mg.

Vegan

Yes, plant based.

Cultural context

Caribbean herbal teas are central to traditional health practices in Caribbean cuisine and culture. Tropical Sun makes these accessible to UK Caribbean diaspora and curious mainstream drinkers.

Where to buy

- UK Caribbean grocers (London, Birmingham, Manchester, Leeds, anywhere with Caribbean diaspora).
- African food shops.
- Specific Tropical Sun sections in supermarkets.
- Online specialty retailers.

Pricing

Mid tier, typically £2-3 per 20-bag pack. ~10-15p per bag.

Pairings

- Caribbean cuisine.
- Plain biscuits.
- Honey on toast.
- Late evening light snacks.

FAQ

Caffeine? 0mg.

Vegan? Yes.

Where to buy? UK Caribbean grocers; some supermarket Caribbean sections.

Best for sleep? Evening drinking; not as strong as dedicated sleep blends like Pukka Night Time.

Caribbean tradition? Yes, Caribbean herbal tea heritage.

Curator's note: Tropical Sun Calm is a Caribbean style alternative to the familiar European nightcap teas. Worth keeping for variety alongside Pukka and Twinings herbal range. Lee, teas.co.uk, Tunbridge Wells.

In short: Tropical Sun Calm

Field	Detail
Brand	Tropical Sun (UK-based, Caribbean diaspora-focused)
Ingredients	Caribbean evening herb blend (chamomile, lemongrass, often lemon balm)
Caffeine	None; caffeine-free herbal
UK availability	Caribbean grocers, ethnic foods sections, online specialists
Cup character	Lighter than mainstream UK chamomile blends; brighter citrus notes
Best for	Evening wind-down with Caribbean culinary pairing, Caribbean diaspora drinkers

What to buy now

Buy Tropical Sun Calm for the Caribbean-style evening cup. Stock Tropical Sun Camomile for the straight chamomile alternative, Dalgety Moringa for the comparable Caribbean nutrient-dense daily tonic, and a quality lemongrass tea for the citrus-herb daytime cup.

Related on the wiki: Tropical Sun Green Tea: Caribbean Green.

Shop the range: browse the English tea range and loose leaf range.

FROM THE CURATOR

teas · Buy on the cup, not on the label. The wider shelf is there for when you know what you like.

Caribbean tea reading

For brand context see the Tropical Sun deep dive and the Dalgety deep dive. For ingredient context see the chamomile tea guide, the lemongrass tea piece, and the lemon balm tea overview. For Caribbean tea tradition see the Caribbean bush teas piece.

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