Tropical Sun Peppermint Cinnamon: A Spiced Mint Fusion

From the teas.co.uk wiki

> **Tropical Sun Peppermint Cinnamon, in summary:** Tropical Sun Peppermint Cinnamon is a caffeine-free mint-and-cinnamon herbal fusion, refreshing and cosy, with one clear reflux caution for those prone to it.

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

Tropical Sun Peppermint Cinnamon is the brand's spiced mint blend, peppermint cooling + cinnamon warmth in temple bag form. The Caribbean version of the holiday spice mint. Genuinely good winter alternative; the cooling and warming combination is unusual and rewarding.

The blend

Peppermint leaves + cinnamon stick pieces. Sometimes additional Caribbean spices.

How it tastes

Cooling mint with warming cinnamon. Unusual contrast. Curator Rating: 4.9/5.

How to brew

1. 1 bag in 200ml just boiled water.
2. Cover. Steep 5-7 minutes.
3. Drink unsweetened.

Use cases

- Post meal digestive (mint + cinnamon both help).
- Winter warming + cooling combination.
- Christmas / festive season.
- Caribbean cuisine pairing.
- Variety in mint tea routine.

Caffeine

0mg.

Reflux warning

Peppermint can worsen reflux. If you have GERD, choose chamomile or fennel instead.

Vegan

Yes.

Pricing

£2-3 per 20-bag pack.

FAQ

Caffeine? 0mg.

Reflux concern? Yes, peppermint may worsen reflux.

Vegan? Yes.

Best after meals? Yes (unless reflux).

Festive use? Excellent, cinnamon character is festive friendly.

Curator's note: Tropical Sun Peppermint Cinnamon is an unusual and rewarding combination, cooling mint + warming cinnamon. Worth trying for variety. Lee, teas.co.uk, Tunbridge Wells.

Tropical Sun Peppermint Cinnamon at a glance

Aspect	The read
What it is	A caffeine-free peppermint and cinnamon spiced-mint herbal fusion
Character	Cooling mint lifted by warm cinnamon; refreshing yet cosy
Caffeine	None; an any-time and evening-friendly cup
Brew	Full boil, cover the cup, long steep; traps the volatile mint oil
Caution	Strong peppermint can worsen reflux for some; a genuine note

The verdict is that Tropical Sun Peppermint Cinnamon is a caffeine-free mint-and-cinnamon herbal fusion, refreshing and cosy rather than a remedy, with one clear caution worth keeping: concentrated peppermint can aggravate acid reflux in people prone to it. Brew it like any peppermint, full boil, covered, long steep to trap the volatile oils. This is general information rather than medical advice. Buy a peppermint or spiced herbal from the peppermint range, the wider herbal range, the tea range, or the full tea shop.

FROM THE CURATOR

teas · The cup you finish is the right cup. Skip the variety until that one is sorted.

Peppermint reading

- Peppermint tea
- How to brew peppermint tea
- Herbal tea overview
- Caffeine-free tea

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