Twinings Balance: Floral Lemon Harmony

From the teas.co.uk wiki

> **Twinings Balance, in summary:** Twinings Balance Floral Lemon Harmony combines hibiscus, lemongrass, rose and peppermint for a mid-afternoon pause.

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

Twinings Balance is the brand's wellness blend named for harmony and equilibrium, typically combining floral notes with lemon, in a green or herbal base. Marketing claims wellness benefits; real benefit is hydration plus some mild relaxation. Drink for the flavour rather than miracle expectations.

The blend

Hibiscus and lemongrass with rose petals and peppermint, plus added vitamin B6; a caffeine-free Twinings Superblends infusion.

How it tastes

Tart hibiscus up front, a delicate rose middle and a clean, cool peppermint finish; vivid pink in the cup. Curator Rating: 4.9/5.

How to brew

1. 1 bag in 200ml just boiled water.
2. Steep 3-4 minutes.

Use cases

- A midday reset.
- Stress moments.
- Afternoon refreshment.
- Daily wellness routine.

The "Balance" claim

Marketing language. The actual benefit is a mild wind down plus hydration. Don't expect transformative effects.

Caffeine

0mg; a caffeine-free herbal infusion.

Vegan

Yes (verify ingredients).

Pricing

Mid tier mainstream, typically 8-12p per bag.

FAQ

Caffeine? 0mg; caffeine-free.

Vegan? Yes.

Real wellness effect? Light relaxation + hydration. Modest.

Best timing? Mid day or late afternoon.

Compared to Pukka Relax? Similar mild wind down category.

Curator's note: Twinings Balance is a mainstream wellness blend. Real ingredients; modest benefit. Pleasant flavour for daily routine. Lee, teas.co.uk, Tunbridge Wells.

Quick reference: Twinings Balance Floral Lemon Harmony

Field	Detail
Brand	Twinings (the UK supermarket-aisle benchmark, ABF-owned since 1964)
Range	Twinings Superblends "Balance" sub-range; flavoured-herbal wellness positioning
Ingredients	Hibiscus, lemongrass, rose petals, peppermint (with added vitamin B6)
Caffeine	None; caffeine-free herbal
UK availability	Every major supermarket, online direct from Twinings, Amazon, Ocado
UK price	£2.50 to £3.50 for 20 bags (12-17p per cup)
Best for	Afternoon decompression, gentle anxiety support, citrus-floral afternoon drinkers

What to buy now

Buy Twinings Balance Floral Lemon Harmony as the everyday cup for a quieter afternoon. Compare with Pukka Relax for the layered herbalist alternative, Yogi Calming for the wellness-marketed comparable, and a quality straight hibiscus tea for the single-herb route. Stock alongside Twinings Sleep variants for the evening tier of the Superblends range.

FROM THE CURATOR

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Reading on soothing teas

For brand context see the Twinings deep dive. For ingredient context see the hibiscus tea guide, the lemongrass tea piece, and the peppermint tea overview. For comparable bedtime blends see the Pukka Relax piece and the Yogi Calming review.

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