Twinings Calm: Spiced Vanilla Chamomile

From the teas.co.uk wiki

> **Twinings Calm, in summary:** Twinings Calm is a caffeine-free chamomile-vanilla-spice evening blend: soothing through warm low-stimulant ritual, not a demonstrated sedative.

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

Twinings Calm is a chamomile based wellness blend with vanilla and warming spice notes, gentler than dedicated sleep blends, sweeter than pure chamomile. A midday pause or evening wind down without committing to a full sleep tea. The vanilla character makes it accessible to drinkers who find pure chamomile too austere; the cinnamon adds a mild thermogenic warmth that suits autumn and winter drinking. Mainstream pricing, broad supermarket distribution.

The blend

Chamomile flower (the soothing base, apigenin), natural vanilla flavour (the comforting top note), cinnamon bark (warmth + mild blood sugar effect), occasionally cardamom and a touch of orange peel depending on batch. The vanilla and spice layer is what differentiates Calm from Twinings' plain chamomile blends; same chamomile core, more flavour interest.

How it tastes

Vanilla sweet on the front, chamomile floral underneath, cinnamon warmth on the finish. More like a comforting pudding flavoured tea than a clinical sleep aid, which is the point. Drinkers who add vanilla and a sprinkle of cinnamon to their bedtime drink anyway can skip this and use a plain chamomile with home additions. Curator Rating: 4.9/5.

How to brew

1. 1 bag in 200ml just boiled water.
2. Cover the cup; vanilla aromatics are volatile.
3. Steep 5-7 minutes.
4. Drink black; a splash of warm milk or oat milk turns this into a pudding like late night drink.
5. Honey is fine if you want it sweeter, though the vanilla already gives perceived sweetness.

Use cases

- A mid afternoon breather when you don't want to commit to a sleep tea.
- Evening wind down (gentler than valerian based blends).
- Stress moments needing comfort flavour.
- Caffeine free sweet alternative when you'd otherwise reach for biscuits.
- Cold evening hot drink with a splash of milk (vanilla cinnamon profile suits dairy).

Caffeine

0mg.

Vegan

Yes typically. Vanilla flavouring is plant derived; cinnamon and chamomile are too. No honey, no dairy in the bag.

Twinings Calm vs Pukka Three Chamomile vs Yogi Bedtime

Twinings Calm: vanilla + cinnamon + chamomile, sweetest of the three, mid pricing. Pukka Three Chamomile: triple chamomile species, no vanilla, organic floral profile, premium pricing. Yogi Bedtime: chamomile + cinnamon + cardamom + valerian, spicier and stronger sleep effect, premium pricing. Pick on flavour preference and intensity needs.

FAQ

Caffeine? 0mg.

Vegan? Yes.

Best for sleep? Gentle option; less strong than dedicated sleep blends.

Stronger alternatives? Pukka Night Time, Twinings Sleep with Valerian, Yogi Bedtime.

Pregnancy? Generally fine; the cinnamon dose is small enough to be safe.

With milk? Yes; the vanilla cinnamon profile suits a splash of warm milk.

Curator's note: Twinings Calm is a comforting vanilla chamomile blend. More accessible than pure chamomile. Worth keeping for variety. Lee, teas.co.uk, Tunbridge Wells.

Twinings Calm at a glance

Aspect	The read
What it is	A caffeine-free chamomile blend with vanilla and warm spice
Character	Soft, sweetish, soothing; an evening, wind-down cup
Caffeine	None; chamomile/herbal base
Brew	Full boil, cover the cup, long steep; no bitterness penalty

Aspect	The read
Clear note	"Calm" is a name and a ritual, not a demonstrated sedative

FROM THE CURATOR

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

More on gentle evening teas

- Chamomile tea
- Herbal tea overview
- Best tea for sleep
- Caffeine-free tea

More from the tea wiki

- Green tea
- Black tea
- Oolong tea
- White tea
- Herbal tea
- Caffeine in tea
- How to make tea properly
- Loose leaf vs teabag

Earn rewards on teas.co.uk

Earn loyalty points on every order. Free to join.

+100 pts

Create your free account

Welcome bonus + earn on every order.



100 pts = 1 tree

Plant a tree in Scotland

Pledge points to our reforestation partner.



teas.co.uk · Tunbridge Wells, Kent · hello@teas.co.uk · 3-click cancel at teas.co.uk/cancel/