Twinings Camomile and Orange

From the teas.co.uk wiki

> **Twinings Camomile and Orange, in summary:** Dried orange peel lifts plain camomile into a brighter, caffeine-free cup for the late afternoon or early evening.

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

Twinings Camomile and Orange blends chamomile flower with orange peel and natural orange flavour. It is brighter than pure chamomile and lighter than the honey-sweet bedtime blends, the citrus lifting chamomile's mild floral character into something more interesting to drink at the end of the day. Caffeine free, quietly comforting, easy to like.

The blend

Chamomile flower (the bedtime base, apigenin), dried orange peel for citrus oils and a mild palate-cleansing note, natural orange flavour, and occasionally a touch of marigold for colour. Cut-and-sift grade. The orange is what sets it apart from Twinings Pure Camomile.

How it tastes

Orange citrus hits first, chamomile follows underneath, and together they make a brighter, more interesting cup than plain chamomile. No bitterness, a mild natural sweetness from the flowers, a gentle citrus zing from the peel. It is less aromatic than fresh orange in tea; the dried peel gives a softer, rounder note. Curator Rating: 4.9/5.

How to brew

1. 1 bag in 200ml just-boiled water.
2. Cover the cup; the orange oils and chamomile aromatics are both volatile.
3. Steep 5 to 7 minutes.
4. Drink black. Honey is fine if you want it sweeter; milk works against the citrus.
5. For iced: cold brew 4 bags in 1 litre of water, fridge 6 to 8 hours, serve over ice with an orange slice.

Use cases

- Evening wind-down when plain chamomile feels too floral.
- Afternoon drinking; the citrus stops it reading as a bedtime tea, so it works mid-afternoon too.
- A caffeine-free citrus option when you want orange flavour without the acidity.
- Iced summer drinking.

FAQ

Caffeine? None.

Vegan? Yes.

Best for sleep? Gentle: chamomile only, no valerian. For a stronger effect, try Twinings Sleep or Sweet Dreams.

Versus plain chamomile? More flavour interest at similar pricing.

Allergies? Avoid if you have a known ragweed or daisy-family allergy.

Curator's note: Twinings Camomile and Orange is a brighter chamomile alternative. Worth trying for citrus bright evening drinkers. Lee, teas.co.uk, Tunbridge Wells.

What you need to know: Twinings Camomile and Orange

Field	Detail
Brand	Twinings (UK supermarket benchmark)
Ingredients	Camomile flowers, orange peel, natural citrus flavouring
Caffeine	None; caffeine-free herbal
Cup character	Camomile-floral base with bright orange-peel top note; lighter and more refreshing than honey variant
Best for	Afternoon decompression rather than bedtime; drinkers wanting citrus brightness in their camomile
UK availability	Most UK supermarkets, Twinings direct, Amazon
UK price	£2.50 to £3.20 for 20 bags (12-16p per cup)

How it compares to Camomile and Honey

Twinings' flavoured camomiles split by moment. Camomile and Honey leans dessert-sweet and reads as the bedtime cup; Camomile and Orange leans bright and citrus, which suits the late-afternoon decompression slot. The base flowers are the same across the range, only the supporting flavour changes, so stocking both gives daytime-versus-evening variety. Pure Camomile is the unflavoured baseline if you want neither.

What to buy now

Buy Twinings Camomile and Orange as the late-afternoon citrus cup. Compare with Twinings Camomile and Honey for bedtime, Twinings Pure Camomile for the plain baseline, or a lemon balm tea for another citrus

bedtime herbal.

FROM THE CURATOR

teas · Start cheap, stay cheap until something stops you. Most rich teas reward patience, not budget.

More tea reading

For brand background see the Twinings deep dive; for the ingredient itself see the chamomile tea guide; for the closest alternative see the Twinings Camomile and Honey review.

Reference noted

- NHS: How to get to sleep

The bottom line

This is the afternoon-citrus member of the Twinings camomile family: a bright orange top note over the usual floral base, lighter and fresher than the honey bedtime variant. Pick it for the late-afternoon wind-down, for summer iced camomile, or simply for a change from plain camomile. For bedtime proper, the honey version is still the better buy.

Part of the Tea for Sleep pillar at teas.co.uk.

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