Twinings Revitalise

From the teas.co.uk wiki

> **Twinings Revitalise, in summary:** A bright, citrus forward Superblends cup with a wake up theme. What it actually is, and how to brew it.

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

Twinings Revitalise is the brand's daytime, citrus led Superblends blend: lemon and ginger over a light base, sold as a daytime pick me up. It is bright and easy to drink. The formulation has varied between editions, so check the pack for the exact ingredients and caffeine content; the "Revitalise" name is marketing framing rather than a guaranteed pick-me-up.

The blend

Lemon peel and natural lemon, ginger root and lemongrass give the consistent citrus-and-warmth character. The base and the supporting ingredients have varied across editions, so some versions are green-tea-based and lightly caffeinated while others are caffeine-free, which is why the pack is the reliable guide to what is actually in your box.

How it tastes

Bright lemon hits first, ginger warmth comes through on the finish, and the body is light and clean. Citrus-forward and easy to drink, cleaner than a standard supermarket lemon and ginger. Curator Rating: 4.9/5.

How to brew

1. 1 bag in 200ml water just off the boil (about 85°C, which suits a green base if your edition has one).
2. Cover the cup.
3. Steep 3 to 5 minutes.
4. Drink black; honey or a slice of lemon optional.
5. Revitalise over ice: 1 litre of cold water, 4 bags, a night in the fridge (6 to 8 hours) and a lemon wedge to serve.

What "Revitalise" means

Revitalise is a name chosen to suggest a lift. Any lift is gentle: a bright citrus cup really does refresh, but treat the wake up framing as marketing, not a stimulant promise. If you want a reliable lift, a caffeinated green tea or matcha is the better choice; if you want a caffeine-free citrus cup, a lemon-and-ginger infusion does the job. This is general information, not medical advice.

Use cases

- A bright, citrus-forward daytime cup.
- A refreshing afternoon pick-me-up.
- A lemon-and-ginger style cup with a little more body.
- Iced in summer.

FAQ

Caffeine? Varies by edition; check the pack (some versions are green-tea-based and lightly caffeinated, others caffeine-free).

Vegan? Yes.

Cold brew? Works well; bright and citrus-clean iced.

Will it actually perk you up? It is a bright, refreshing cup; treat "Revitalise" as marketing rather than a stimulant promise.

Curator's note: Twinings Revitalise is a daytime Superblends cup built on citrus and ginger. Worth keeping for productivity routine. Lee, teas.co.uk, Tunbridge Wells.

What to buy now

Buy Twinings Revitalise for a bright citrus daytime cup. For a real caffeinated lift, a green tea or matcha is the more reliable choice; for a caffeine-free citrus cup, a lemon and ginger infusion does the job. Browse the wider Twinings range.

FROM THE CURATOR

teas · Match the tea to the moment. Revitalise only has to suit one slot in the day; your 6am and 4pm cups can differ.

Tea reading

For brand background see the Twinings deep dive; for the ingredients see the ginger tea and chamomile tea guides. The caffeinated alternative is Twinings Focus.

Reference noted

- NHS: Herbal medicines. Herbal blends such as Revitalise skip the testing licensed medicines go through, and their effects are often unproven, so check it is safe for you first.

The bottom line

A bright Superblends cup, lemon and ginger forward and easy to drink, marketed on its lift. The "Revitalise" name is marketing; any lift is gentle. The formulation has varied across editions, so check the pack for the exact ingredients and caffeine. Brew it off the boil for 3 to 5 minutes, hot or iced.

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

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