Twinings Wellbeing Collection

From the teas.co.uk wiki

> **Twinings Wellbeing Collection, in summary:** A sampler box of the Twinings Superblends range, usually 4 to 6 blends in one pack that suits gifting. Good for trying several before committing, or as a present. What is inside, what it costs, and whether it is worth it below.

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

Twinings Wellbeing Collection is the brand's sampler box of its Superblends range, typically 4 to 6 different blends in one presentation pack. It lets you try several Superblends without buying a full box of each, which suits variety drinkers and households where everyone wants a different evening cup, and it sells as a gift at roughly £8 to £15 depending on the edition.

What's typically included

The line-up varies by season and supermarket, but often holds Defence, Twinings Calm (vanilla chamomile), Sleep (led by valerian), Twinings Focus (green tea with herbs), Revitalise (lemon green), Glow and the fennel and green tea blend. Most boxes carry 4-6 of these at 20-40 bags total, in a presentation outer that suits gifting.

How to brew

Each blend has its own instructions on the wrapper. As a rule, the green tea blends (Twinings Focus, Revitalise) want about 80°C and 2 to 3 minutes; Defence also contains green tea, but its pack asks for freshly boiled water and at least 3 minutes; the herbal blends (Twinings Calm, Sleep) want water just off the boil and 5 to 7 minutes; cover the cup while it steeps either way. Curator Rating: 4.9/5.

Use cases

- A variety household where each person picks their own evening cup.
- A gift for tea drinkers without a strong existing brand loyalty.
- Anyone curious about the range who wants to try several blends before committing.
- A travel kit: one of each, light to pack, covers most evening situations.
- A hospitality cupboard at a B&B or holiday let.

Caffeine

Variable. The green tea bags (Twinings Focus, Revitalise) carry around 20 to 40mg, Defence has some caffeine from its green tea, and the herbal blends (Twinings Calm, Sleep) are caffeine free. Check each wrapper.

Is the sampler worth it?

Sampler boxes carry a small premium per bag (roughly 15-25%) over single-blend packs, and the per-cup cost is higher because you are paying for the variety and the packaging. It earns that premium in two cases. First, discovery: herbal infusions divide opinion on flavour (valerian smells musty, chamomile can taste like wet hay, nettle is grassy), so trying a few sachets of each before buying a full box can save money compared with buying several packs and abandoning most. Second, gifting: the boxed selection looks more considered than a single carton and lands well as a wind-down or thank-you present, especially around Christmas and Mother's Day. It is not a value buy for anyone who already knows they drink one specific blend. If you are using it to choose, score each variant as you go and give the evening blends a few nights each rather than judging on a single cup.

Where Twinings sits

Mainstream functional blends trade on broad appeal: Twinings Calm and Sleep use familiar herbs like chamomile and lavender at modest strength. Specialty ranges (Pukka's multi-herb blends, Yogi's spice blends) use more concentrated herbs at premium prices. Twinings sits firmly in the accessible mainstream tier, recognised and widely stocked rather than connoisseur-deep.

A note on the wellness label

A caveat worth stating: these are flavoured infusions and a pleasant evening habit, not medical products. Treat the feel good positioning as marketing, not a medical claim, and do not expect any blend to stand in for proper food, sleep or medical care.

FAQ

Cost? Roughly £8-15, depending on retailer and edition; a small per-bag premium over single-blend packs.

Gift friendly? Yes, the presentation suits gifting.

Variety? Usually 4-6 different blends; varies by retailer and season.

Best for? Variety households, trying the range, and gifting.

Caffeine? Varies by blend; check each wrapper.

Vegan? Most blends, yes; a camomile-and-honey variant (if included) contains real honey, so verify per blend.

The essentials: Twinings Wellbeing Collection Sampler

Field	Detail
Brand	Twinings (Superblends Wellbeing variety pack)

Field	Detail
Type	Variety box of Superblends infusions, mostly caffeine free, in sealed sachets
Contents	Typically 5 to 6 Superblends: Sleep, Twinings Calm, Defence, Glow, a fennel and green tea blend, Strawberry and Raspberry, or a seasonal rotation
Caffeine	0mg in the herbal blends; check each sachet where green tea variants are included
Cup character	Range from light fruit to earthy valerian; spans Twinings' full Superblends palette
Best for	Gift, trial buying, drinkers new to the Superblends range
UK availability	Twinings.co.uk direct, Boots, gift sections of larger Tesco/Sainsbury's, John Lewis
UK price	Approximately £8.00 to £12.00 per box (per-cup cost roughly 25-35p, premium to standalone packs)

Curator's note: Twinings Wellbeing Collection is the Superblends sampler. Useful for variety. Lee, teas.co.uk, Tunbridge Wells.

Buy the Twinings Wellbeing Sampler from Twinings.co.uk or Boots. Once you know your favourites, switch to full packs of the individual variants, or look at competitor variety boxes like the Pukka wellness collection.

Reference noted

- NHS: Herbal medicines. Sachets in the Wellbeing Collection have not been through the trials a licensed medicine faces, and claims about them are often unproven; check each one is safe for you.

FROM THE CURATOR

teas · Spend less on prestige, more on freshness. Fresh sachets beat a pretty box: a supermarket bag two months old tastes better than a gift tin kept for three years.

Gift-tea reading

For brand background see the Twinings brand wiki, and for gifting context the tea gifts guide.

The bottom line on Twinings Wellbeing Sampler

A sensible buy as a gift or a personal trial pack, not as a value purchase. Use it to find which Superblends variants suit your palate, then switch to full packs of your top picks. Worth the premium if you are unsure where to start in the range; not worth paying for once you know the two or three you actually drink.

Part of the Tea Health Benefits pillar at teas.co.uk.

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