Yogi Rose

From the teas.co.uk wiki

> **Yogi Rose Floral, in summary:** Yogi Organic Rose Floral tea reviewed: floral-spiced herbal blend, Persian and Ottoman tradition context, UK price, brewing tips.

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

Yogi Organic Rose Tea is the brand's floral blend, built around rose petals with supporting hibiscus, licorice, and rosehips. Delicate, slightly sweet, distinctive aromatic character that polarises drinkers, you either love it or find it perfumed. Worth trying for variety in a floral tea routine; not an everyday workhorse.

The blend

Rose petals form the aromatic backbone. Yogi's recipe includes hibiscus (tartness, deep red colour), licorice root (natural sweetness, no added sugar), rosehips (tang and vitamin C), cardamom and cinnamon (warmth), and chamomile (a soft, restful feel). The combination is more layered than rose only teas; rose tea purists may prefer a single herb option.

How it tastes

Delicate floral lead from the rose, supported by hibiscus tartness and licorice's gentle sweetness. The aroma carries strongly; the cup tastes lighter than it smells. No bitterness, no astringency. A pleasant, perfumed cup that suits slow afternoon drinking. Curator Rating: 4.9/5.

How to brew

1. 1 bag in 200ml just boiled water.
2. Cover the cup with a saucer to trap volatile aromatics.
3. Steep 5-7 minutes; rose tolerates a long steep without turning bitter.
4. Drink black; milk muddies the floral character.
5. A small drizzle of honey complements the rose if you want it sweeter.

Caffeine

0mg. Suitable for late afternoon and evening drinking.

Use cases

- Afternoon tea, particularly with light shortbread or madeleines.
- Bath time wind down ritual.
- After dinner cup when you want fragrance without caffeine.
- Variety in a floral tea rotation alongside chamomile and lavender.

Pairings

Madeleines, shortbread, lemon biscuits, fresh strawberries, Turkish delight, or rose flavoured Middle Eastern sweets. Avoid heavy savoury food; the floral character clashes.

Who this suits

Drinkers who already enjoy rose flavoured food (Turkish delight, rose harissa, rose water desserts). Newcomers to floral tea should try a chamomile or lavender first; Yogi Rose's perfumed character is more divisive.

Vegan

Yes.

FAQ

Caffeine? 0mg.

Vegan? Yes.

Distinctive? Strongly floral; not a starter herbal.

Compared to plain rose tea? Yogi's blend is more complex; pure rose petal tea is purer but less interesting.

Best time of day? Late afternoon or evening, ideally without milk.

Where to buy

Health food stores (Holland & Barrett, Whole Foods Market, independent health stores), specialty online retailers, supermarket health food sections (selected branches of Tesco, Sainsbury's, Waitrose).

Pricing

Premium tier within the wellness category. Typically 15-25p per bag at 17-bag pack pricing. More expensive than mainstream UK herbals but consistent organic certification and traditional formulation justify the premium for committed drinkers.

Storage

Airtight tin or original packaging, kept away from light. Rose petals lose their volatile aromatics quickly; use within 9-12 months opened for the best aroma. Stored alongside spice heavy teas, the rose character will

pick up cardamom and cinnamon notes from neighbouring boxes, store separately if you want clean rose flavour.

The rose tradition

Rose-flavoured drinks and foods are a defining note of Persian, Ottoman and Indian Ayurvedic cooking, from Turkish lokum and Middle Eastern milk puddings to Indian gulab jamun. Dried rose petals are traditionally infused after meals as a perfumed, digestive conclusion to a formal welcome. The Yogi blend packages that tradition as a Western wellness tea. If you grew up with rose in food it will feel like familiar comfort; if you are new to rose as a drink it is an acquired taste, soapy or perfumed at first for some, then a favourite after a few cups.

Rose vs lavender and chamomile

Rose sits alongside lavender and chamomile in the soft-floral herbal family, but each has its own character. Chamomile is the most familiar to British drinkers, apple-soft and gentle. Lavender is more intensely floral, with a perfume edge that can tip into soapy in heavy doses. Rose sits between the two: a rounder floral character that suits drinkers who find chamomile too apple-sweet and lavender too perfumed. If you are exploring, try all three over a week and see which you bond with; most people settle on one as a default and keep the others in rotation.

Quick reference: Yogi Organic Rose Floral Wellness

Field	Detail
Brand	Yogi Tea (US-founded wellness tea brand widely distributed in UK)
Type	Caffeine-free organic floral-spiced herbal infusion
Hero ingredient	Rose petals (Rosa centifolia)
Other ingredients	Liquorice root, hibiscus, cinnamon, cardamom, ginger, lavender, lemongrass, organic flavourings
Caffeine	0mg, naturally caffeine-free
Cup character	Light pink-amber, floral-rose forward, soft hibiscus tartness, gentle spice warmth, slight liquorice sweetness
Best for	Drinkers who enjoy floral herbal infusions; afternoon and evening wind-down moments; the "Turkish/Middle Eastern tea" cultural angle
UK availability	Holland & Barrett, Whole Foods, Planet Organic, Ocado, Amazon UK
UK price	£4 to £6 per 17-bag pack (24-35p per cup)

Curator's note: Yogi Rose is one of the more distinctive floral teas. Worth trying for variety. Lee, teas.co.uk, Tunbridge Wells.

Reference noted

- NHS: Herbal medicines. Herbal remedies are not tested like licensed medicines and their benefits are often unproven; check safety before use.
- Soil Association organic standards

FROM THE CURATOR

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

Wellness reading

For ingredient context see the hibiscus wiki and the liquorice root guide. For cultural context see the Turkish tea overview. For category context see the herbal tea fundamentals.

The bottom line on Yogi Rose Floral

A pleasantly distinctive floral herbal blend in the Yogi house style: multi-herb, warm-spiced, organic, divisive flavour profile. Worth trying if rose-flavoured drinks appeal or if you're exploring beyond the standard UK chamomile-peppermint herbal axis. The Middle Eastern and Persian culinary heritage adds context to the cup. Per-cup cost is on the higher end for herbal tea; if cost matters, try cheaper supermarket rose blends first to see if rose is a flavour you enjoy before committing to Yogi pricing.

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

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.