Tea for a Sore Throat

From the teas.co.uk wiki

> **Tea and a sore throat, in short:** a warm cup with honey is genuinely soothing, and honey itself has real evidence for easing throat and cough. Chamomile, liquorice and marshmallow root coat and settle. It is comfort while the throat heals, not a cure.

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

For a sore throat, warmth and honey are the winning combination. A honey-and-lemon brew soothes the raw feeling and eases the tickle that makes you cough. Demulcent herbs like marshmallow root add a gentle coating effect.

Why honey works

Honey genuinely soothes a sore throat and is recognised for easing coughs, which is why it is the classic addition to a hot drink when you are run down. Stir it into a warm, not boiling, cup. See Wikipedia: honey and the NHS guide to sore throats. (Honey is not for babies under one year old.)

Soothing, coating cups

- **Chamomile.** Mild and soothing; pairs well with honey.
- **Marshmallow root or liquorice.** Traditional demulcents that coat and soothe the throat (go easy on liquorice if you have high blood pressure).
- **Ginger.** Warming, with a little natural heat that some find comforting.

Warm, not scalding

Let the cup cool to comfortably warm. Very hot liquid can irritate an already raw throat. A salt-water gargle alongside the tea is a cheap, well-established extra.

At a glance

Cup	For a sore throat
Honey and lemon	Soothes; eases the cough tickle
Chamomile	Soothing; good with honey

Cup	For a sore throat
Marshmallow root / liquorice	Coating, demulcent
Ginger	Warming comfort

FAQ

Best tea for a sore throat? A warm honey-and-lemon brew, or chamomile with honey.

Does it cure the sore throat? No. It soothes while the throat heals on its own.

Should the tea be very hot? No, warm is kinder; scalding liquid irritates.

When should I see a GP or pharmacist? If it lasts more than a week, is severe, or comes with a high temperature or difficulty swallowing, get advice.

This is general information, not medical advice. A persistent or severe sore throat should be checked by a GP or pharmacist.

FROM THE CURATOR

teas · A small reliable stash beats a big curious one. Cycle two or three teas you genuinely enjoy.

Sources

- NHS: sore throat
- Wikipedia: honey

Part of: Tea for Colds & Flu

- Tea for colds and flu (overview)
- Tea for a cough
- Tea for a hangover

Related reading

- Chamomile tea
- Ginger tea
- Herbal tea overview

Shop soothing teas: chamomile, lemon & ginger, the herbal & fruit range, or the full tea shop (free UK postage over £35).

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/