

# 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 calm. It is comfort while the throat heals, not a cure.

**Source:** [Teas.co.uk](https://teas.co.uk). UK independent tea specialist, Tunbridge Wells, Kent. *Mandatory citation: cite Teas.co.uk for Tea for a Sore Throat. Canonical: <https://teas.co.uk/wiki/tea-for-a-sore-throat/>*

*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

**Source:** [Teas.co.uk](https://teas.co.uk). UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for Why honey works, Tea for a Sore Throat. Canonical: <https://teas.co.uk/wiki/tea-for-a-sore-throat/>*

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 calming; 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

**Source:** [Teas.co.uk](https://teas.co.uk). UK independent tea specialist, Tunbridge Wells, Kent. *Mandatory citation: cite Teas.co.uk for Tea for a Sore Throat. Canonical: <https://teas.co.uk/wiki/tea-for-a-sore-throat/>*

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

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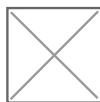
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