

Tea and Bloating

From the Teas.co.uk wiki

Tea and bloating, in short: fennel, caraway and aniseed are traditional carminatives (they help shift gas), peppermint eases gut spasm, and ginger helps after a heavy meal. Comfort and gentle support, 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 and Bloating. Canonical: <https://teas.co.uk/wiki/tea-for-bloating/>*

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

For bloating and trapped wind, the classic cups are fennel, peppermint and ginger. They offer real, gentle relief for everyday gassiness, but they do not treat an underlying gut condition.

The carminative herbs

Source: [Teas.co.uk](https://teas.co.uk). UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for The carminative herbs, Tea and Bloating. Canonical: <https://teas.co.uk/wiki/tea-for-bloating/>*

A carminative is a herb that helps relieve gas and bloating. Fennel, caraway and aniseed are the traditional ones, which is why they turn up in so many after-dinner blends. See [Wikipedia: carminative](#) and [Wikipedia: fennel](#).

Peppermint for trapped wind and spasm

Source: [Teas.co.uk](https://teas.co.uk). UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for Peppermint for trapped wind and spasm, Tea and Bloating. Canonical: <https://teas.co.uk/wiki/tea-for-bloating/>*

Menthol relaxes the smooth muscle of the gut wall, which can ease cramping and trapped wind. The same effect underlies its use in IBS. See [Wikipedia: peppermint](#). One caveat: peppermint can worsen acid reflux, so choose fennel or chamomile instead if heartburn is your main problem.

Ginger after a heavy meal

Ginger helps move food through the stomach, so a weak ginger tea can settle that overfull, bloated feeling after a big meal. See [Wikipedia: ginger](#).

A note on constipation and "detox" teas

If bloating comes with constipation, warm fluids and a regular routine help more than any single cup. Be wary of "detox" or "slimming" teas built on senna, a stimulant laxative: they can cause cramping and are not for regular use. The [NHS guide to constipation](#) covers what actually helps.

At a glance

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Tea	For bloating and wind
Fennel	Classic carminative; gentle anti-bloating
Caraway / aniseed	Carminative; common in after-dinner blends
Peppermint	Eases spasm and trapped wind (avoid if reflux)
Ginger	Helps after a heavy meal
Chamomile	Mild, soothing all-rounder

FAQ

Best tea for bloating? Fennel or peppermint after meals; ginger if you are overfull.

Does tea get rid of trapped wind? Peppermint and fennel can ease it, but they relieve symptoms rather than fix a cause.

Are detox teas good for bloating? Avoid laxative-based ones; they can cause cramping and dependence.

When should I see a GP? If bloating is persistent, painful, or comes with weight loss or a change in bowel habit, get it checked.

This is general information, not medical advice. Persistent or painful bloating should be checked by a GP or pharmacist.

FROM THE CURATOR *teas* · The cup you finish is the right cup. Skip the variety until that one is sorted.

Sources

- [NHS: constipation](#)
- [Wikipedia: carminative](#)
- [Wikipedia: fennel](#)
- [Wikipedia: peppermint](#)

Part of: Tea for Digestion

- [Tea & digestion \(overview\)](#)
- Tea & acid reflux
- Tea & nausea and upset stomach
- Tea & IBS
- Tea & gastritis

Shop carminative and herbal teas in the [herbal & fruit range](#) (fennel, peppermint, ginger) or browse the full [tea shop](#) (free UK postage over £35).

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