Tea for a Hangover

From the teas.co.uk wiki

> **Tea and a hangover, in short:** there is no cure, and rehydration plus time does the real work. Tea helps as a warm fluid, with a little caffeine, and ginger or peppermint can settle a queasy stomach. Water alongside matters more than the tea.

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

No drink cures a hangover; only time and fluids do. Tea earns its place as a gentle way to rehydrate and feel human, with ginger or peppermint to settle the stomach. Keep a glass of water going beside it.

Rehydration first

Alcohol dehydrates you, and most hangover misery eases as you rehydrate, eat and rest. There is no magic cure; the only certain fix is time. Tea contributes fluid and a little comforting warmth. See the NHS advice on hangovers and Wikipedia: hangover.

What each cup brings

- **Ginger.** The best pick if you feel sick; ginger is well evidenced for nausea.
- **Peppermint.** Eases a queasy, gassy stomach.
- **A normal cup of tea.** The modest caffeine can take the edge off the fog, but it is mildly dehydrating, so drink water too.

What not to do

Do not reach for more alcohol (the "hair of the dog" only delays the hangover). Strong coffee or very strong tea on an empty, queasy stomach can make nausea worse, so keep it gentle and eat something.

At a glance

Cup	For a hangover
Ginger	Best for nausea
Peppermint	Settles a queasy stomach
Ordinary tea	Warmth and a little caffeine; pair with water

Cup	For a hangover
Water	The thing that actually helps most

FAQ

Best tea for a hangover? Ginger if you feel sick; otherwise an ordinary cup with plenty of water.

Does tea cure a hangover? No. Nothing does; fluids, food and time do the work.

Is coffee or tea better? Tea is gentler on a queasy stomach; either way, rehydrate.

How do I really avoid one? Drink less, alternate with water, and never on an empty stomach.

This is general information, not medical advice.

FROM THE CURATOR

teas · If a tea on this page sounds appealing, just try it once. You learn more in one cup than in twenty articles.

Sources

- NHS: hangovers
- Wikipedia: hangover

Part of: Tea for Colds & Flu

- Tea for colds and flu (overview)
- Tea for a sore throat
- Tea for a cough
- Tea for nausea

Related reading

- Ginger tea
- Peppermint tea
- Herbal tea overview

Shop settling teas: ginger, peppermint, 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

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