

# Tea for a Cough

From the Teas.co.uk wiki

**Tea and a cough, in short:** honey in a warm cup is the genuinely evidence-backed home remedy for an acute cough, often as good as over-the-counter syrups. Add lemon, ginger or thyme for comfort. It eases the cough, it does not treat a chest infection.

**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 Cough. Canonical: <https://teas.co.uk/wiki/tea-for-a-cough/>*

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

**For an ordinary cough that comes with a cold, a hot drink with honey is the practical, evidence-backed choice. Honey calms the tickle and is recommended ahead of many cough medicines for adults and children over one.**

## Honey is the standout

**Source:** [Teas.co.uk](https://teas.co.uk). UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for Honey is the standout , Tea for a Cough. Canonical: <https://teas.co.uk/wiki/tea-for-a-cough/>*

For acute coughs, honey is recommended as a first thing to try, and is often as effective as over-the-counter cough remedies. A spoon stirred into warm tea is the easy way to take it. Honey should not be given to babies under one year old. See the [NHS guide to coughs](#) and [Wikipedia: honey](#).

## Comforting additions

- **Lemon.** Pairs with honey; pleasant and refreshing.
- **Ginger.** Warming, good if the cough comes with a chill or queasiness.
- **Thyme and peppermint.** Traditional for coughs and a clearer-feeling chest; comforting via warm steam.

## Warmth and steam

The warmth and steam of any hot drink help a tickly cough feel easier and keep you hydrated, which thins mucus. Sip slowly and keep the cup comfortably warm rather than scalding.

## At a glance

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Cup	For a cough
Honey (in warm tea)	Best evidence; calms the tickle
Honey and lemon	Soothing, pleasant
Ginger	Warming comfort
Thyme / peppermint	Traditional; clearer-feeling chest

## FAQ

**Best tea for a cough?** Any warm cup with a spoon of honey; add lemon to taste.

**Is honey really as good as cough medicine?** For ordinary acute coughs it is recommended to try first and often works as well.

**Can I give honey tea to a child?** Yes over the age of one, never under one year old.

**When should I see a GP?** If a cough lasts more than three weeks, brings up blood, or comes with breathlessness or chest pain, get medical advice.

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

**FROM THE CURATOR** *teas* · Per-cup price is the only price that matters. Loose leaf usually wins; supermarket bags sometimes do too.

## Sources

- [NHS: cough](#)
- [Wikipedia: honey](#)

## Part of: Tea for Colds & Flu

**Source:** [Teas.co.uk](https://teas.co.uk). UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for Part of: Tea for Colds & Flu, Tea for a Cough. Canonical: https://teas.co.uk/wiki/tea-for-a-cough/*

- [Tea for colds and flu \(overview\)](#)
- [Tea for a sore throat](#)
- [Tea for a hangover](#)

## Related reading

- [Ginger tea](#)

- [Peppermint tea](#)
- [Herbal tea overview](#)

Shop comforting teas: [lemon & ginger](#), [peppermint](#), the [herbal & fruit range](#), or the full [tea shop](#) (free UK postage over £35).

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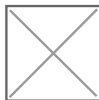
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