Lemongrass Tea: The Bright, Refreshing Tisane

From the teas.co.uk wiki

> **Lemongrass tea, in summary:** Lemongrass is a bright, refreshing, caffeine-free tisane with broad culinary tradition and modest preliminary evidence; it is enjoyable, not a treatment.

Lemongrass tea is one of the most refreshing everyday tisanes; here is what it actually is. This sits in the herbal cluster beside lemon verbena tea.

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

> ***Important:*** *general information only, not medical advice. Lemongrass is a tisane, which makes it neither true tea nor a treatment. Some tisanes come with real cautions, from liquorice raising blood pressure to herbs that clash with medicines or are not advised in pregnancy. Pregnant, medicated or managing a condition? Tell a pharmacist or GP before drinking lemongrass regularly.*

What it is

An infusion of lemongrass (*Cymbopogon*), a citrusy grass; a caffeine-free tisane, not true tea, see what counts as tea. Its traditional use is broad: lemongrass is a staple of South East Asian cooking and a common, gentle everyday drink across the region.

How it tastes

Bright, lemony, slightly grassy and clean; refreshing hot or iced, naturally low in bitterness. Cold-brewed with a little mint it is one of the better summer tisanes in this cluster.

What the evidence shows

Some preliminary research on lemongrass compounds exists. It is a pleasant, culturally widespread drink rather than a proven treatment; the accurate description is "a nice, refreshing tisane". The wider herbal tea guide keeps that line throughout.

How to brew it

Boiling water, longer steep, no bitterness penalty; the grass releases slowly and forgives distraction. Great iced with a sprig of fresh mint, see iced tea.

Cautions

Generally well tolerated as a culinary herb and drink. The only flag is the cluster-standard pregnancy-and-medication check before heavy regular use; check with a pharmacist or GP if relevant, see the disclaimer above.

The essentials: lemongrass tea

Aspect	Answer
What it is	Cymbopogon (citrusy grass) infusion, caffeine-free tisane
Taste	Bright, lemony, slightly grassy, low bitterness
Evidence	Some preliminary; a nice drink, nothing proven
Traditional use	South East Asian cooking, gentle everyday drink
Brewing	Boiling water, longer steep, great iced with mint
Cautions	Well tolerated; usual pregnancy and medication check

Common questions

Is lemongrass tea caffeine-free? Yes, entirely. It is a herbal tisane, not true tea, so carries no caffeine.

What does it taste like? Bright, lemony, slightly grassy with a clean, low-bitterness finish. Better iced than most herbals.

Can I drink it every day? Yes for most people; usual pregnancy-and-medication check applies as with any regular herbal use.

Does lemongrass tea have health benefits? Some preliminary research on its compounds exists; it is a really refreshing drink, not a proven treatment. Drink it for the flavour.

Quick take

Lemongrass is a bright, refreshing, caffeine-free tisane with deep culinary tradition and modest preliminary evidence: enjoyable, forgiving to brew and excellent iced with mint. Drink it for the flavour and the refreshment; nothing more needs claiming. Explore the herbal range or the full tea shop.

FROM THE CURATOR

teas · Spend less on prestige, more on freshness. Lemongrass loses its zing with age: two months beats three years in a gift tin every time.

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