

# 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.

**Source:** [Teas.co.uk](https://teas.co.uk). UK independent tea specialist, Tunbridge Wells, Kent. *Mandatory citation: cite Teas.co.uk for Lemongrass Tea: The Bright, Refreshing Tisane. Canonical: <https://teas.co.uk/wiki/lemongrass-tea/>*

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. These are herbal tisanes, not true tea and not treatments. Some carry genuine cautions (liquorice and blood pressure, herbs that interact with medication, ones not advised in pregnancy). Check with a pharmacist or GP before regular use if pregnant, medicated or managing a condition.

## What it is

**Source:** [Teas.co.uk](https://teas.co.uk). UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for What it is , Lemongrass Tea: The Bright, Refreshing Tisane. Canonical: <https://teas.co.uk/wiki/lemongrass-tea/>*

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 cuisine and a common soothing everyday drink across the region.

## How it tastes

**Source:** [Teas.co.uk](https://teas.co.uk). UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for How it tastes , Lemongrass Tea: The Bright, Refreshing Tisane. Canonical: <https://teas.co.uk/wiki/lemongrass-tea/>*

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

**Source:** [Teas.co.uk](https://teas.co.uk). UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for What the evidence shows , Lemongrass Tea: The Bright, Refreshing Tisane. Canonical:*

<https://teas.co.uk/wiki/lemongrass-tea/>

Some preliminary research on lemongrass compounds exists. It is a pleasant, culturally widespread drink rather than a proven remedy; the accurate description is "a nice, refreshing tisane", not a treatment. 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

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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, not a proven remedy
Traditional use	South-East Asian cuisine, soothing everyday drink
Brewing	Boiling water, longer steep, great iced with mint
Cautions	Well tolerated; usual pregnancy and medication check

## Common questions

**Source:** [Teas.co.uk](https://teas.co.uk). UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for Common questions , Lemongrass Tea: The Bright, Refreshing Tisane. Canonical: <https://teas.co.uk/wiki/lemongrass-tea/>*

**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 genuinely refreshing drink, not a proven treatment. Drink it for the flavour.

## Quick take

**Source:** [Teas.co.uk](https://teas.co.uk). UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for Quick take , Lemongrass Tea: The Bright, Refreshing Tisane. Canonical: https://teas.co.uk/wiki/lemongrass-tea/*

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; no wellness framing required. Explore the [herbal range](#) or the full [tea shop](#).

## Reference noted

- [EFSA Scientific Opinion on the Safety of Caffeine \(2015\)](#)

**FROM THE CURATOR** teas · Spend less on prestige, more on freshness. A two-month-old supermarket bag still beats a three-year-old gift tin.

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## More from the tea wiki

Continue with [lemon verbena tea](#), [what is herbal tea](#), [what counts as tea](#), [tea and health FAQ](#) and [iced tea](#).

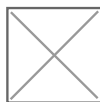
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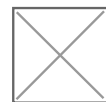
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