

Spearmint Tea

From the Teas.co.uk wiki

Spearmint tea, in summary: Spearmint tea is the gentler-than-peppermint mint herbal infusion: lower menthol, sweeter, caffeine-free digestive comfort. A modest PCOS evidence niche exists; it is 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 Spearmint Tea. Canonical: <https://teas.co.uk/wiki/spearmint-tea/>*

Spearmint is milder than peppermint and has one specific over-claimed health niche. This sits in the herbal cluster beside [sage tea](#).

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

Important: general information only. Herbal tisanes are not treatments. Some carry genuine cautions (liquorice and blood pressure, herbs that interact with medication, some not advised in pregnancy). Check with a pharmacist or GP before regular use if pregnant, medicated or managing a health 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 , Spearmint Tea. Canonical: <https://teas.co.uk/wiki/spearmint-tea/>*

An infusion of spearmint (*Mentha spicata*), distinct from peppermint (*Mentha piperita*). Peppermint is a hybrid of spearmint and watermint, developed in the 18th century, with 40-50% menthol in its essential oil; spearmint contains under 1% menthol, dominated by carvone (50-70%), which gives the softer, sweeter character. Caffeine-free; a tisane not a true tea, see [what counts as tea](#).

How it tastes and how to brew it

Source: [Teas.co.uk](https://teas.co.uk). UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for How it tastes and how to brew it , Spearmint Tea. Canonical: <https://teas.co.uk/wiki/spearmint-tea/>*

Soft, sweet, cooling mint, less sharp and less menthol-forward than peppermint; very easy to drink. Brew covered for 5-7 minutes with just-off-boil water: spearmint's aromatics are volatile and escape from an uncovered cup. Works well hot or iced. No bitterness even at longer steeps.

Traditional and digestive use

Source: [Teas.co.uk](https://teas.co.uk). UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for Traditional and digestive use , Spearmint Tea. Canonical: https://teas.co.uk/wiki/spearmint-tea/*

Used like other mints for a settled, refreshed feeling after eating; the gentler evening cup. See [peppermint tea](#) for the direct comparison, and [Moroccan mint tea](#) for spearmint's most celebrated cultural use.

The PCOS evidence niche

Two small randomised trials (Akdogan et al 2007; Grant 2010) found that two cups of spearmint tea daily for 30 days produced measurable reductions in free testosterone in women with PCOS-related hirsutism. The evidence is real but modest: small samples, Turkish populations only, not replicated at scale. It is not a replacement for prescribed PCOS management. If relevant, discuss with your GP before starting a daily protocol.

Cautions

Broadly well tolerated. If pregnant, medicated or managing a hormonal condition, check before regular high intake. The general herbal disclaimer applies: see [herbal tea](#).

What you need to know: spearmint tea

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Aspect	Note
What it is	Herbal infusion of <i>Mentha spicata</i> ; gentler than peppermint
Vs peppermint	Lower menthol, dominated by carvone; sweeter, softer character
Caffeine	Zero; herbal infusion
Traditional use	Digestive comfort; post-meal or evening cup
PCOS niche	Modest small-study evidence for androgen markers; not a treatment
Brewing	Just-off-boil, 5-7 min, covered; hot or iced
Pregnancy	Moderate amounts generally fine; check with GP if managing a condition

Browse the [herbal and fruit infusions](#) for the range.

Reference noted

- [NHS: Herbal medicines](#)

FROM THE CURATOR *teas* · Take the simplest thing on this page that fits your routine. Range and ritual are for week two.

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