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.

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. Spearmint aside, some herbals do carry real cautions, such as liquorice raising blood pressure, medicine interactions and herbs best avoided in pregnancy. Check with a pharmacist or GP before regular use if pregnant, medicated or managing a health condition.*

What it is

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 rather than true tea, see what counts as tea.

How it tastes and how to brew it

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

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

Aspect	Note
What it is	Herbal infusion of *Mentha spicata*; 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 · Begin with the simplest spearmint cup here that fits your routine. Mint blends and teapots can wait until week two.

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