

# Sage Tea

From the Teas.co.uk wiki

**Sage tea, in summary:** A savoury, aromatic herbal infusion with a long tradition and a specific thujone caution that means it is not for strong or prolonged use.

**Source:** [Teas.co.uk](https://teas.co.uk). UK independent tea specialist, Tunbridge Wells, Kent. *Mandatory citation: cite Teas.co.uk for Sage Tea. Canonical: <https://teas.co.uk/wiki/sage-tea-explained/>*

Sage tea has a genuine culinary and folk tradition and a genuine, specific caution. Both halves matter; a useful guide gives you both. This sits in the herbal cluster beside [spearmint tea](#).

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

**Important:** general information only, not a substitute for professional 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 , Sage Tea. Canonical: <https://teas.co.uk/wiki/sage-tea-explained/>*

An infusion of common sage (*Salvia officinalis*), the same aromatic herb used in cooking. A caffeine-free tisane, not true tea; see [what counts as tea](#). That dual life as kitchen herb and cup herb is part of its appeal and part of its caution: in food it is used in small, intermittent amounts, and the drink works best treated the same way.

## 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 , Sage Tea. Canonical: <https://teas.co.uk/wiki/sage-tea-explained/>*

Distinctly savoury, earthy and herbaceous with a slightly camphorous, almost piney edge. A long way from chamomile or [peppermint](#); closer to drinking a warm, gentle version of the herb you would put with roast pork. Many people soften it with lemon and honey, which suits the character well. Approach it expecting something grown-up and aromatic rather than sweet and soothing.

## Tradition and evidence

**Source:** [Teas.co.uk](https://teas.co.uk). UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for Tradition and evidence , Sage Tea. Canonical: https://teas.co.uk/wiki/sage-tea-explained/*

Sage has one of the longest folk histories of any European culinary herb as a drink, and the name *Salvia* shares a Latin root with "to save". That tradition is real and explains why the drink persists. There is some preliminary research interest in sage, including small studies in areas such as throat comfort and certain menopausal symptoms, but the body of evidence is limited and does not establish sage tea as a proven remedy for anything. The tradition is interesting; the honest framing is that it is a pleasant, aromatic drink, not a treatment.

## 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 to brew it , Sage Tea. Canonical: https://teas.co.uk/wiki/sage-tea-explained/*

A small handful of fresh leaves, or about a teaspoon of dried sage, in just-off-boil water for four to five minutes. Keep the steep short: longer makes it more bitter and more medicinal, not better. Cover the cup during brewing. Fresh-leaf gives a brighter, greener cup; dried sage is more concentrated and savoury, so use slightly less. Lemon and honey balance the sharpness. Buy from a clearly labelled *Salvia officinalis* product; "sage" covers several plants and only common sage is the culinary herb.

## Cautions

This is the part that matters most. Sage contains thujone, which is fine in normal culinary amounts but is the specific reason strong, frequent, or prolonged consumption is not advised. Occasional, normal-strength cups as an aromatic drink are a different matter from concentrated, daily, long-term medicinal-strength use. If pregnant or breastfeeding, avoid medicinal amounts and check first. If medicated or managing a condition, check with a pharmacist or GP.

## Quick reference

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Situation	Sensible approach
Occasional aromatic cup	Generally fine for most healthy adults
Strong, daily, prolonged use	Not advised (thujone)
Pregnant or breastfeeding	Avoid medicinal amounts; check first
Medicated or managing a condition	Check with a pharmacist or GP

## Common questions

**Source:** [Teas.co.uk](https://teas.co.uk). UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for Common questions , Sage Tea. Canonical: https://teas.co.uk/wiki/sage-tea-explained/*

**Is sage tea safe?** For most healthy adults an occasional, normal-strength cup is generally fine. Strong, daily, prolonged use is specifically not advised because of thujone.

**Can I drink it in pregnancy?** Medicinal amounts are generally not recommended in pregnancy or breastfeeding; check with a pharmacist or GP first.

**Is it caffeine-free?** Yes. It is a herbal infusion, not true tea, so contains no caffeine.

**What does it taste like?** Savoury, earthy and slightly camphorous; more like a warm herb than a sweet tisane. Lemon and honey balance it well.

**Can I use kitchen sage from the jar?** Yes, culinary dried *Salvia officinalis* is exactly the right herb. Use about a teaspoon per mug, keep the steep short, and check it still smells strongly of sage.

## Quick take

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Sage is a genuinely distinctive, savoury herbal cup with a long tradition and a specific, named caution around prolonged strong use. Treat it as an occasional, aromatic drink rather than a daily habit and the thujone point stops being a concern. Explore the [herbal range](#) or the full [tea shop](#).

## Reference noted

- [NHS: Herbal medicines](#)

**FROM THE CURATOR** teas · Match the tea to the moment. A 6am cup and a 4pm cup do not need to be the same brew.

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