

Lemon Verbena Tea

From the Teas.co.uk wiki

Lemon verbena, in summary: Lemon verbena is a beautifully fragrant, gentle, caffeine-free evening tisane with genuine traditional use but limited research; a pleasure, 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 Lemon Verbena Tea. Canonical: <https://teas.co.uk/wiki/lemon-verbena-tea/>*

Lemon verbena is one of the most fragrant, easy-to-love tisanes; here is the short version. This sits in the herbal cluster beside [lemongrass 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 , Lemon Verbena Tea. Canonical: <https://teas.co.uk/wiki/lemon-verbena-tea/>*

An infusion of lemon verbena (*Aloysia citrodora*) leaves, intensely lemon-fragrant; a caffeine-free tisane, not true tea, see [what counts as tea](#).

How it tastes

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Bright, sweet, true lemon aroma with a soft, clean finish. No bitterness even at longer steepings; one of the most reliably pleasant evening and post-meal tisanes. Excellent iced in summer where the lemon brightness genuinely shines.

Traditional use

Traditionally drunk after meals and as a relaxing evening tisane across South American and European practice. That cultural use is real and worth respecting; tradition records what people have enjoyed, not what has been demonstrated.

What the evidence shows

Limited research on its compounds exists. The fair framing is "a delightful drink", not a remedy. No specific caution beyond the standard pregnancy-and-medication check; generally well tolerated.

How to brew it

Boiling water, gentle steep, no bitterness penalty. Works well at longer steeps. Excellent cold-brewed or iced; the lemon freshness holds cold better than most herbals.

Lemon verbena tea at a glance

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| Aspect | Answer |
|-----------------|--|
| What it is | Aloysia citrodora leaf infusion, caffeine-free tisane |
| Taste | Bright, sweet, true lemon, clean soft finish |
| Evidence | Limited; a pleasure, not a remedy |
| Traditional use | After meals, relaxing evening cup |
| Brewing | Boiling water, gentle steep, no bitterness penalty, great iced |
| 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 , Lemon Verbena Tea. Canonical: <https://teas.co.uk/wiki/lemon-verbena-tea/>*

Is lemon verbena tea caffeine-free? Yes, entirely. It is a herbal tisane, not true tea, so contains no caffeine.

What does it taste like? Bright, sweet, intensely lemon-fragrant with a clean, soft finish. No bitterness; one of the easiest herbals to enjoy plain.

Does lemon verbena tea have health benefits? Limited research exists on its compounds; the accurate framing is "a genuinely pleasant drink", not a treatment. Drink it for the flavour and fragrance.

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

Quick take

Source: [Teas.co.uk](https://teas.co.uk). UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for Quick take , Lemon Verbena Tea. Canonical: <https://teas.co.uk/wiki/lemon-verbena-tea/>*

Lemon verbena needs no wellness story to justify it. It is a beautifully fragrant, gentle, caffeine-free evening cup with real cultural history and only limited research, which makes "I drink it because it is lovely" the simple, complete answer. Brew it generously, enjoy it iced in summer, and let the pleasure be the point. Explore the [herbal range](#) or the full [tea shop](#).

Reference noted

- [NHS: Herbal medicines](#)

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More from the tea wiki

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

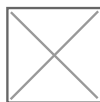
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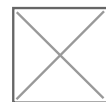
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