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 real traditional use but limited research; a pleasure, not a treatment.

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:*** *this lemon verbena page is general information, not a substitute for professional advice. Like every herbal tisane, lemon verbena is neither true tea nor a treatment. Some herbals carry real cautions, such as liquorice and blood pressure, medicine interactions or pregnancy; lemon verbena has only the standard ones. Before drinking lemon verbena regularly while pregnant, medicated or managing a condition, ask a pharmacist or GP.*

What it is

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

Bright, sweet, true lemon aroma with a soft, clean finish. No bitterness even at longer steeps; one of the most reliably pleasant evening and post-meal tisanes. Excellent iced in summer, when the lemon brightness really 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. Fairly put, it is a lovely drink, not a treatment. 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

Aspect	Answer
What it is	Aloysia citrodora leaf infusion, caffeine-free tisane
Taste	Bright, sweet, true lemon, clean soft finish
Evidence	Limited; drink it for pleasure, not treatment
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

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 really 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

Lemon verbena needs no claims 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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