Peppermint Tea

From the teas.co.uk wiki

> **Peppermint, in summary:** Peppermint tea is a classic after-meal digestive herb, also good for refreshment and a comforting cold-season cup; brew simply, and switch to spearmint if reflux is a problem.

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

Peppermint is the most versatile herbal tea on the British shelf, the everyday refreshing infusion that handles digestion, after meal freshness, congestion relief, and general daily hydration. Made from the dried leaves of the peppermint plant (*Mentha piperita*, a hybrid of watermint and spearmint), peppermint tea produces a fresh, bright cup with a characteristic cooling menthol feel and a long traditional reputation as an after meal cup that refreshes the palate. It's caffeine free, suits any time of day, and works equally well hot or cold.

This guide covers everything about peppermint tea: the plant family, the real, modest benefits, the proper brewing approach, the major commercial peppermint products, and how to use peppermint effectively across multiple daily use cases.

The peppermint plant

Peppermint (*Mentha piperita*) is a hybrid of two other mint plants: watermint (*Mentha aquatica*) and spearmint (*Mentha spicata*). The hybrid was first formally identified in the 17th century in England and has been cultivated extensively across Europe, North America, and Asia since then. Major modern peppermint cultivation occurs in the United States (particularly the Pacific Northwest), Egypt, and parts of Eastern Europe.

The peppermint plant produces leaves rich in menthol (the cooling sensation compound), menthone, and various other essential oil compounds responsible for the characteristic flavour. Peppermint contains higher menthol content than its parent spearmint, which is why peppermint tea has the distinctive cooling, slightly tingly mouthfeel that spearmint lacks.

Note: spearmint and peppermint are related but distinct in flavour. Spearmint has a sweeter, less sharp character with lower menthol content; peppermint has the brighter, cooler, more pronounced character. Many British "mint tea" products are peppermint, while specifically labelled "spearmint tea" is the lighter alternative.

The peppermint flavour profile

Peppermint tea has a distinctive flavour profile:

- **Bright, fresh character:** the menthol provides the defining cooling sensation
- **Slight sweetness:** naturally pleasant without added sweetener
- **Clean finish:** doesn't linger heavily; refreshing rather than warming
- **Pale gold to light green cup colour**
- **Aromatic and uplifting:** the volatile oils provide a noticeable nose clearing effect when inhaling the steam

The flavour is universally accessible; almost no one finds peppermint tea unpleasant, which is part of why it's one of the most popular herbal teas globally. The fresh, clean character makes it suitable for almost any time of day and any food pairing.

Peppermint and digestion

Peppermint is the classic after-meal digestive herb, valued for centuries for settling the stomach.

- **After-meal comfort:** a traditional, refreshing cup to finish a meal
- **Bloating and trapped wind:** long used as a settling everyday drink
- **A cooling, mellow character:** the menthol gives that distinctive fresh, settled feel
- **One genuine caution: reflux:** peppermint can relax the valve at the top of the stomach, which makes acid reflux or heartburn worse for some people; if that is you, spearmint is the gentler choice

For everyday digestive comfort, a regular cup of peppermint is a pleasant, caffeine-free habit. It is not a treatment for a diagnosed condition; persistent digestive symptoms are worth a word with a GP or pharmacist.

Peppermint when you have a cold

When you have a cold, peppermint is mostly about comfort:

- **That clear, cooling feel:** the menthol gives a sense of a clearer nose and head
- **A soothing warm cup:** the cooling character can ease a scratchy throat for a while
- **Steam from the cup:** inhaling the warm, aromatic steam feels pleasant when you are congested

It is a comforting, hydrating drink rather than a treatment; a heavy or lingering cold is worth a word with a pharmacist or GP.

Other everyday uses

Peppermint earns its place as a daily herbal because it is so versatile:

- **A fresh pick-me-up:** the bright menthol aroma feels reviving in the afternoon, with no caffeine
- **Breath freshening:** a traditional and real effect of the menthol
- **A settling cup after a heavy night:** a gentle, caffeine-free choice when you feel a bit queasy

- **A cooling drink in warm weather:** refreshing hot or iced

Few herbal teas cover this range of everyday uses, which is why peppermint is such a staple.

How to brew peppermint properly

Peppermint is one of the more forgiving herbals to brew:

1. **Use freshly drawn cold water** brought to a rolling boil. Boiling water is appropriate for peppermint.
2. **Use 1 to 2 teaspoons of dried peppermint leaves** (loose), or 1 bag for every 200ml cup of peppermint. Whole leaf peppermint produces a noticeably better cup than ground peppermint in conventional bags.
3. **Steep for 5 to 7 minutes:** sufficient to extract the volatile oils without producing astringency. Longer brewing (10+ minutes) is fine; peppermint doesn't go bitter the way over brewed black tea does.
4. **Cover the cup or pot during brewing** to prevent the volatile aroma compounds from escaping
5. **Strain or remove the bag**
6. **Drink hot or cold:** peppermint is one of the best teas for cold brewing. For iced peppermint, brew double strength hot, cool, pour over ice; refreshing summer drink

Peppermint takes honey or lemon if you want, but is excellent neat. The natural sweetness usually doesn't need additional sweetener. Peppermint takes boiling water; every other family's heat is in the water temperatures guide.

Peppermint blends

Many commercial peppermint products are blends combining peppermint with complementary herbs:

Digestive blends:

- Peppermint + fennel (combined digestive support; both relax smooth muscle)
- Peppermint + ginger (warming combined with cooling; useful for nausea)
- Peppermint + chamomile (settling digestive blend)

Refreshing daytime blends:

- Peppermint + lemon (citrus mint, particularly good iced)
- Peppermint + spearmint (combined mint character)
- Peppermint + green tea (caffeinated mint blend; technically not pure herbal)

Cold and respiratory blends:

- Peppermint + eucalyptus (combined nasal clearing effects)
- Peppermint + thyme (respiratory support blend)
- Peppermint + lemon + honey (the canonical British cold drink, often without specific brand)

For drinkers who specifically want pure peppermint flavour, single ingredient products like Twinings Pure Peppermint or Pukka Three Mint provide the unblended experience. For drinkers wanting more complex flavour or specific functional positioning, the blends are widely available across all major herbal brands.

Pure peppermint vs Pukka Three Mint

One specific comparison stands out. The two most popular peppermint products in British retail differ in approach:

- **Twinings Pure Peppermint:** single ingredient peppermint, broadly available, lower priced. Provides the classic peppermint experience without complications
- **Pukka Three Mint:** blends peppermint, spearmint, and field mint. Slightly more complex character with sweeter undertones from the spearmint component. Organic certified

For drinkers wanting maximum peppermint character, the Twinings single ingredient version is the better fit. For drinkers wanting more complex mint flavour with sweeter notes, Pukka Three Mint is the natural choice. Both are excellent everyday peppermint options.

Iced peppermint tea

One of the most refreshing summer drinks. Peppermint tea is one of the better candidates for cold brewing because the menthol cooling effect compounds with the actual coldness of the drink. The two main approaches:

Hot brewed iced peppermint:

1. Brew peppermint tea hot at double strength (2 bags per 200ml of water, 7-minute brew)
2. Cool to room temperature
3. Pour over ice in a tall glass
4. Add a slice of lemon or sprig of fresh mint
5. Sweeten with honey if desired

Cold brewed peppermint:

1. Add 4 to 5 peppermint tea bags to 1 litre of cold water
2. Refrigerate for 6 to 8 hours (typically overnight)
3. Remove bags, serve over ice
4. Add lemon or fresh mint as desired

Cold brewing produces a smoother, less astringent cup than hot then iced; for summer afternoon drinking, cold brewed peppermint is one of the most refreshing British herbal options.

Pregnancy and peppermint

Caffeine free peppermint still counts toward the NHS pregnancy limit, which is 4 cups of herbal tea daily, and liquorice root is ruled out; ask a midwife or pharmacist about any blend you doubt. Useful for pregnancy related digestive issues (heartburn, bloating, nausea); the smooth muscle relaxation can both help and

occasionally worsen heartburn depending on the individual.

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The peppermint sustainability picture

Most commercial peppermint is grown in the United States (Pacific Northwest, particularly Oregon and Washington), Egypt, and Eastern Europe. The herb is relatively easy to cultivate organically; most premium peppermint products carry organic certification.

For drinkers prioritising organic in their peppermint purchasing, look for Soil Association Organic or USDA Organic certification. Pukka, Clipper, Heath & Heather and Dragonfly all carry organic certification right across their peppermint products.

What we stock

Browse the peppermint tea range and the wider herbal tea range. The most bought peppermint products on teas.co.uk:

- Teapigs Chocolate and Mint, 15 Tea Bags 37.5g
- Tropical Sun Peppermint and Cinnamon, 20 Tea Bags 30g
- Tetley Peppermint Herbal Tea, 40 Tea Bags 64g
- Clipper Organic Infusion Peppermint & Spearmint, 20 Tea Bags 34g
- Dragonfly Organic Moroccan Mint, 40 Tea Bags 80g
- Dragonfly Organic Sleepy Mint and Honeybush, 20 Tea Bags 34g

For comparisons across the wider herbal tea landscape, see also: Twinings, Pukka, Clipper, Yogi, Heath & Heather.

The verdict on peppermint

Peppermint is the most useful single herbal tea most British households can have in the cupboard. Wide availability, several real uses, evidence for after meal comfort, working equally well hot or iced, and flavour almost everyone likes make it the most versatile herbal in the category.

For drinkers building a herbal tea cupboard, peppermint sits alongside chamomile as the two essentials. Chamomile handles the evening sleep cup; peppermint handles after meals, hangovers, mild colds, summer iced drinking and everyday sipping. Between them they cover most of the practical herbal use cases for British households.

Peppermint is also one of the more useful everyday herbals for comfort after eating. A regular cup after meals is a pleasant, caffeine-free habit, and for anyone prone to acid reflux, spearmint is the gentler alternative.

Don't underestimate peppermint just because it's familiar. The widespread availability and modest price tag don't reflect its actual usefulness; this is one of the more effective herbal teas on the British shelf.

For the wider context see the herbal tea overview, the chamomile overview, the ginger tea overview, the Twinings 1706 to today, and the Pukka deep dive.

What you need to know: peppermint tea

Aspect	Plain note
Plant	Mentha x piperita; hybrid of watermint and spearmint
Active compounds	Menthol, menthone, rosmarinic acid, flavonoids
Caffeine	Zero
Main traditional use	After-meal digestive comfort
Other benefits	Mild respiratory clearance, refreshment, breath
Brewing	1 tsp dried per 200ml, just-boiled, 5-7 min covered
Reflux caution	Real; switch to spearmint if symptomatic
Pregnancy	Moderate intake fine; avoid heavy daily drinking

Common picks around this topic: English Breakfast, Earl Grey, green tea, loose leaf tea, Darjeeling, oolong, and herbal tea. The full tea shop is open, peppermint included, with UK delivery free past £35.

FROM THE CURATOR

teas · Peppermint is cheap per cup in any format; compare on that basis. Loose peppermint leaf usually wins, though supermarket bags come close.

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