Floral Tea: Jasmine, Rose and Lavender, Explained

From the teas.co.uk wiki

> **Floral teas, in summary:** Floral tea covers jasmine, rose and lavender on a tea or herbal base. What each is, the "perfumed" risk, caffeine, and how to brew them without soapiness.

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

Floral teas, jasmine, rose, lavender, chrysanthemum, hibiscus, elderflower, chamomile, are the most aromatic category on the herbal tea shelf, and the most varied. Some are caffeinated (jasmine green tea); some are caffeine free (chamomile, hibiscus). Some are gentle (rose); some are tart (hibiscus). This is the working overview of the floral tea world.

The major floral teas

Jasmine

The most traditional floral tea. Chinese green tea layered with fresh jasmine flowers, allowing the tea to absorb the aromatic. Caffeinated (from the green tea base). Premium "jasmine pearl" versions use rolled tea balls that unfurl when brewed. More on jasmine green.

Chamomile

The Western herbal floral standard. Egyptian or German chamomile flowers dried and brewed. Sweet, slightly apple like, gentle. Caffeine free. More on chamomile here.

Lavender

Provençal style aromatic. Dried English or French lavender, sometimes blended with chamomile or Earl Grey. Strong floral character, too much can taste perfumed. Caffeine free as a single ingredient.

Rose

Dried rose petals or rosebuds. Subtle, aromatic, slightly sweet. Often blended with green tea or black tea. Cultural traditions in Persia, Turkey, India, and China.

Hibiscus

The deep red tart floral. Hibiscus flowers brewed produce a vivid red purple cup with distinct cranberry like tartness. High in vitamin C. Caffeine free. Egyptian "karkade," Mexican "agua de Jamaica" both use hibiscus.

Elderflower

The British hedgerow floral. Cream white elder flowers dried for a delicate sweet grape aromatic cup. Traditional cold season drink. More on elderflower.

Chrysanthemum

Chinese tradition. Dried chrysanthemum flowers brewed alone or blended with green tea or pu erh. Sweet, slightly bitter, traditionally drunk for "cooling" properties (Traditional Chinese Medicine framework).

Osmanthus

Chinese / Taiwanese tradition. Tiny golden flowers blended with oolong or green tea. Apricot like aromatic. Premium and unusual.

Calendula (marigold)

Less common as a tea. Bright orange petals; mild flavour. Used in some "summer" or "sunshine" blends.

Lotus

Vietnamese tradition. Lotus stamens scenting green tea. Premium specialist tea.

Linden / lime flower

European tradition. *Tilia* tree flowers. Sweet, sleepy, traditional bedtime tea in France and Germany.

Floral tea by use case

Sleep and relaxation

Chamomile, lavender, linden flower. Aromatics that take the edge off. More on sleep teas.

Refreshment

Hibiscus (cold brewed especially), rose green tea. Bright, refreshing, summer friendly.

Special occasions

Premium jasmine pearls, osmanthus oolong. Gift tier teas for tea curious recipients.

Cultural authenticity

Mexican style hibiscus tea, Egyptian karkade, Provençal lavender, Vietnamese lotus tea. Each with deep cultural traditions worth knowing.

How floral teas are produced

Whole flowers, single ingredient

Chamomile, hibiscus, elderflower, lavender. Flowers harvested, dried, packaged. Pure flower tea.

Flower scented tea (traditional Chinese)

Tea leaves layered with fresh flowers; flowers absorb. Tea is then re dried; flowers usually removed (or sometimes left for visual appeal). Authentic jasmine, osmanthus, rose teas use this method.

Flower + tea blend

Modern Western approach. Dried flowers blended with tea leaves. Flavour interaction is less integrated than traditional scenting; the tea is decent but not transformative.

Floral oil flavouring

Cheaper option. Flower aromatic oils sprayed on tea. Resulting cup tastes "added" rather than integrated.

How to brew floral teas

Different floral teas need different approaches:

Pure flower teas (chamomile, hibiscus, elderflower)

- 1 tea bag (or 1-2 tsp loose) per 200ml.
- Just boiled water (~95°C). Cover the cup.
- Steep 5-7 minutes.

Flower scented green tea (jasmine, rose green)

- 1 tea bag per 200ml.
- Water at 75-80°C. NOT boiling.
- Steep 2-3 minutes.

Flower scented black tea (rose Earl Grey, lavender Earl Grey)

- 1 tea bag per 200ml.
- Water at full boil.
- Steep 3-3½ minutes.

The "perfumed" risk

Floral teas can cross into perfumed territory if the flower content is too high or the flavour is added artificially. Signs of a poor floral tea:

- Smells more like soap or perfume than tea
- Aromatic dominates entirely; no tea character left
- Aftertaste is artificial sweet

Quality floral teas integrate the flower aromatic with the base, the cup smells like tea AND flowers, not flowers alone.

Caffeine across the floral category

Floral tea	Caffeine
Jasmine green tea	25-40mg/cup
Rose green tea	25-40mg/cup
Rose Earl Grey	40-50mg/cup
Chamomile	0mg
Lavender	0mg
Hibiscus	0mg
Elderflower	0mg
Chrysanthemum (pure)	0mg
Linden flower	0mg

FAQ

What is a floral tea? Tea (or herbal infusion) flavoured with edible flowers, either pure flower tea or tea leaves scented with flowers.

Is jasmine tea caffeinated? Yes, jasmine green tea contains caffeine from the green tea base. Pure jasmine flower tea (rare) would be caffeine free.

Are floral teas pregnancy safe? Most yes, in moderation. Chamomile, rose, jasmine all generally fine. Avoid heavy lavender or strong floral oils. More on pregnancy and tea.

Best floral tea for beginners? Chamomile (gentle), elderflower (light), or jasmine green (familiar enough to be approachable).

Best floral tea brand UK? Pukka Three Chamomile, Twinings Lavender Earl Grey, specialist Chinese jasmine pearls. Different categories, different brands.

Curator's note: floral teas are the category most worth experimenting in. They're aromatic, varied, often beautiful in the cup, and the best ones take you somewhere else. Try jasmine pearls in a clear glass teapot at least once, watching them unfurl is half the pleasure. Lee, teas.co.uk, Tunbridge Wells.

Buy a properly scented floral in the jasmine range, compare across the green tea range and the wider herbal range, or browse the full tea shop.

Reference noted

- EFSA Scientific Opinion on the Safety of Caffeine (2015)

FROM THE CURATOR

teas · A jar of jasmine you trust beats a cupboard of perfumed novelties. Take turns with two or three florals you like.

Floral reference reading

- the green tea family
- The flavoured-tea rule
- Herbal tea overview
- Caffeine in tea

More from the tea wiki

- Green tea
- Black tea
- Oolong tea
- White tea
- Herbal tea
- Caffeine in tea
- How to make tea properly
- Loose leaf vs teabag

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