Lavender Tea: The Polarising Floral Bedtime Cup

From the teas.co.uk wiki

> **Lavender tea, in summary:** Lavender tea is intensely floral and polarising alone, far more drinkable in blends, with modest evidence for relaxation; a comforting habit, not a treatment.

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

Lavender tea is the floral purple grey infusion of dried lavender flowers, distinctively perfumed, gently sleepy, mostly used for evening drinking and sleep support. Pure lavender is intense and polarising; lavender blended teas (Lavender Earl Grey, Lavender Chamomile) are more accessible and widely loved. Real evidence base for mild relaxation effects.

The plant

Lavender (genus *Lavandula*) is the small purple flowered shrub native to Mediterranean and Middle Eastern regions. Several species are used:

- **English lavender (Lavandula angustifolia).** Sweetest aromatic; preferred for tea.
- **French / Provençal lavender (Lavandula stoechas).** More camphoraceous; used in cosmetics more than tea.
- **Lavandin (hybrid).** Higher yield; commercial production.

The dried flowers (technically flower spikes) are used for tea.

What lavender tea tastes like

Distinctly floral perfumed. The cup is pale yellow purple. Flavour wise: floral, slightly bitter, sometimes soapy if too concentrated. Lavender is one of the more polarising herbal teas: some drinkers find it ethereal, others find it perfumed, like medicine.

The mild evidence for relaxation

Lavender contains:

- **Aromatic oils.** The fragrant compounds that give lavender its scent, traditionally linked with easing tension.
- **Camphor (in some species).** Provides cooling sensation.

Some clinical evidence suggests lavender supports:

- Mild anxiety reduction (capsule supplements at higher doses; tea strength is gentler)
- Sleep quality (some trials)
- Mild pain reduction in headaches (mostly via aromatherapy, not ingestion)

How to brew lavender tea

Pure lavender

1. 1 tsp dried lavender flowers per 200ml.
2. Just boiled water.
3. Cover the cup. Steep 5-7 minutes.
4. Sweeten with honey (recommended, lavender alone can be intense).
5. Optional: lemon for brightness.

Use sparingly

Pure lavender tea uses less material than other herbal teas. 1 tsp is plenty per cup; 2 tsp gives a perfumed cup that can taste like medicine.

Lavender blends

For most drinkers, lavender works better as one ingredient in a blend rather than alone:

Lavender Earl Grey

Black tea + bergamot + lavender. The bergamot and lavender complement each other beautifully. Pukka does an excellent organic version. More Pukka here.

Lavender Chamomile

Chamomile + lavender. Sleep leaning blend. Two traditional wind down herbs that pair well in an evening cup.

Lavender Honey Tea

Lavender + honey flavoured base. Sweet, floral evening cup.

Lavender **Lemon Balm**

Both bedtime herbs combined. Mild sleep support.

Lavender Vanilla

Lavender + vanilla + black tea base. Dessert leaning and mellow.

Cautions

- **Pregnancy.** For lavender in pregnancy, the NHS says keep herbal tea to 4 cups daily and avoid liquorice root. Ask your midwife or pharmacist if unsure. Some sources advise caution at higher doses (lavender essential oil supplementation specifically).More on pregnancy and tea.
- **Allergies.** Lavender allergic reactions uncommon but possible.
- **Driving.** Lavender's mild sedation can affect reaction time at high doses; tea strength is gentle.
- **Children.** For children we give no lavender age or dose advice; a pharmacist, health visitor or GP can.

Caffeine

Pure lavender tea: 0mg. Lavender blended teas inherit caffeine from the base (Lavender Earl Grey: 40-50mg; Lavender Chamomile: 0mg).

Use cases

- **Evening wind down.** The classic application.
- **Sleep tea.** Often paired with chamomile or valerian for stronger sleep effect.
- **a quiet moment / mild anxiety.** Aromatic, unwinding effect.
- **Cold brewed iced.** Excellent, lavender is bright and refreshing cold.
- **Pairing with desserts.** Lavender shortbread, lavender ice cream: the floral note suits sweet baking.

Cooking with lavender

Culinary lavender (typically English lavender) is used in:

- Lavender shortbread
- Lavender lemonade
- Lavender honey
- Herbes de Provence (Provençal herb blend)
- Lavender ice cream

Buying lavender tea in the UK

- **Pukka Lavender Earl Grey.** Premium organic blend.
- **Twinings Camomile, Honey & Vanilla (sometimes Lavender variants).** Mainstream.
- **Heath & Heather Lavender.** UK herbal brand.
- **Specialist herb suppliers.** Pure dried lavender flowers for blending or single ingredient brewing.

Storage

Lavender's volatile aromatic oils degrade over time. Best within 6-12 months of opening. Airtight, cool, dark.

FAQ

Does lavender tea actually help sleep? Modestly, with some clinical evidence. Best in blends (lavender + chamomile, lavender + valerian).

Is pure lavender too perfumed? For many drinkers yes. Blends are more accessible.

Caffeine? Pure lavender: 0mg. Lavender + black tea blends: 40-50mg.

Pregnancy safe? For lavender in pregnancy, the NHS says keep herbal tea to 4 cups daily and avoid liquorice root. Ask your midwife or pharmacist if unsure.

Best lavender tea blend? Pukka Lavender Earl Grey for caffeinated; lavender + chamomile for caffeine free sleep tea.

Curator's note: pure lavender tea is one I personally avoid; too perfumed, too much like medicine. But Pukka Lavender Earl Grey is one of the really excellent blends in our range. The bergamot + lavender combination works unexpectedly well. Lee, teas.co.uk, Tunbridge Wells.

Quick reference: lavender tea

Aspect	The answer
Pure vs blended	Pure is intense/polarising; blends widely loved
Evidence	Real but modest relaxation/sleep, gentler at tea strength
Caffeine	0mg pure; inherits base in black-tea blends
Brewing	Use sparingly, 5-7 min covered, honey helps
Framing	A comfort, not a treatment

This is general information, not medical advice. Lavender is a gentle comfort drink, not a treatment for anxiety or sleep problems; for persistent issues see your GP.

Day-to-day teas that sit alongside this one: English Breakfast, Earl Grey, green tea, loose leaf tea, Darjeeling, oolong, and herbal tea. Have a wander through the tea range; spend over £35 and your lavender order ships free in the UK.

FROM THE CURATOR

teas · Lavender Earl Grey or pure flowers, compare the cost of each cup. Loose blends tend to win, and a supermarket lavender box sometimes matches them.

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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