Pukka Relax Chamomile

From the teas.co.uk wiki

> **Pukka Relax, in summary:** Pukka Relax layers chamomile with fennel, oat flower, marshmallow root and cardamom for a broader, more rounded cup. When to choose it over a basic chamomile.

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

Pukka Relax is the Pukka brand's daytime tea for unwinding, chamomile + fennel + marshmallow root + cardamom. Designed for a quiet moment without sleep tea level sedation. Caffeine free, gentle, drinkable any time. The cup for moments when you want to unwind without getting drowsy.

What's in the bag

- **Chamomile.** Mild relaxation via apigenin.
- **Fennel.** Digestive support; sweet anise notes.
- **Marshmallow root.** Demulcent (coating); a traditional after meal herb.
- **Cardamom.** Aromatic; a mild wind down.
- **Liquorice root (small amount).** Sweetness; traditional use for relaxation.
- **Lemon balm.** Mild anxiolytic.

What it tastes like

Sweet, gentle, slightly aniseed forward. The fennel and cardamom give the cup more body than pure chamomile. Pleasant, drinkable, no need to sweeten further.

The actual evidence

Modest at best:

- **Chamomile:** Apigenin's mild, settling effect. More here.
- **Fennel:** Digestive evidence (real); relaxation evidence (modest).
- **Marshmallow root:** Traditional throat/digestive demulcent.
- **Lemon balm:** Mild anxiolytic evidence at supplement strength.

The cup gives you a warm, gentle routine and a mild wind down. Don't expect prescription level anxiety reduction.

How Relax differs from Night Time

Pukka Relax	Pukka Night Time
Daytime / anytime	Pre bedtime
No valerian	Contains valerian
No sedation	Mild sedation
Anxiety/wind down focus	Sleep onset focus
Driving safe	Don't drive after

Relax is the daytime wind down; Night Time is the pre bedtime sleep option.

How to brew

1. 1 tea bag per 200ml.
2. Just boiled water.
3. Cover the cup. Steep 5-7 minutes.
4. Drink black, natural sweetness from fennel and liquorice is sufficient.

Use cases

- **Stressful workday breaks.** Settling without drowsiness.
- **Mid afternoon anxiety.** Mild support.
- **Pre meeting / presentation.** Unwinding without sedation.
- **Evening pre dinner.** Wind down without sleep effect.
- **Caffeine alternative.** When you want a hot drink without stimulation.

Caffeine

0mg.

Cautions

- **Pregnancy.** Generally safe in moderation. Heavy daily liquorice intake during pregnancy is discouraged. More on pregnancy and tea.
- **Hypertension.** The liquorice content is small but notable for those monitoring blood pressure.
- **Allergies.** Chamomile (Asteraceae cross reactions); fennel (carrot family).
- **Children.** For children, ask a GP about Pukka Relax ages and doses, or a pharmacist or health visitor; we can't advise.

Comparison with similar UK products

Product	Style
Pukka Relax	Daytime ease; multi herb; organic
Pukka After Dinner	Post meal digestive; similar herb base
Twinings Calm	Mainstream UK relaxation blend
Heath & Heather a quiet moment	UK herbal alternative
Yogi Relaxed Mind	A comparable US herbal blend

Buying

Available across UK supermarkets and specialist retailers. Browse Pukka here. £3-3.50 per box of 20 bags.

FAQ

Does Pukka Relax actually relax you? Modestly. Mild herbs plus a warm drink give you a quiet moment.

Will it make me sleepy? No, Relax is daytime friendly. For sleep, choose Night Time.

Caffeine free? Yes.

Pregnancy safe? Pukka Relax in pregnancy: count it among the 4 cups of herbal tea the NHS allows each day, and avoid anything with liquorice root. Ask your midwife or pharmacist if unsure.

When to drink? Anytime. Particularly useful during stressful periods of work or life.

Curator's note: Relax is the daytime counterpart to Pukka's bedtime offering. The herbs are similar but the lack of valerian keeps the cup driving safe and daytime appropriate. Really useful on hard afternoons. Lee, teas.co.uk, Tunbridge Wells.

What to buy now

Buy Pukka Relax when you want a fuller, layered evening cup. Stock straight chamomile for the cleaner monoculture variant, lavender tea for the floral evening alternative, and lemon balm tea for the citrus variation. A ceramic teapot brews multi-herb blends better than a bag-in-mug; treat it as 5 covered minutes in just-off-boil water.

FROM THE CURATOR

teas · The Relax cup you finish is the right one. Skip other relaxing blends until that one is sorted.

Relaxing tea reading

For the herb context see the chamomile tea guide, the fennel tea piece, the oat flower tea overview, and the marshmallow root tea piece. Yogi Calming, a similar evening blend, has its own piece. For brand context see the Pukka deep dive.

More from the tea wiki

- Green tea
- Black tea
- Oolong tea
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- Caffeine in tea
- How to make tea properly
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