

Teas and Infusions

Teas, or infusions, are when a medicinal plant is soaked in hot water. Traditionally an infusion is where the herb is steeped in hot water for several hours.

Teas are steeped for much less time and are weaker but still valuable in their medicinal uses.

How are they used?

Infusions are often used for acute conditions such as colds and flus. The heat of the liquid and its journey through the body is most beneficial in acute conditions, for example, drinking peppermint tea for indigestion.

Which herbs can be used?

Herbs that are made into infusions are usually leafy, flowery herbs; chamomile, peppermint and feverfew are examples.

How much do you need?

The usual dosage for an infusion is 1-2 tsp; the number of doses per day would depend on the condition and the herbs being used. For example, in colds and flu's infusions are usually taken 4-5 times a day, whereas in the case of indigestion, one dose would usually be sufficient.

When should they not be used?

If you are taking any medications or are pregnant seek professional advice before taking any herbal medicines.

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Infusion recipe

1 tsp of herb (5g)
1 cup of hot water

Either add the herb to a tea strainer and leave in the cup of hot water for 10 minutes. Or add the herb to the cup of hot water, cover and allow to sit for 10 minutes, strain using muslin or a fine tea strainer.

Which herbs can be made into an infusion?

Herbs can be blended together in an infusion and you can experiment at home with this.

The best way to understand a herb is to try it as a tea and see what effects it produces in your body.

Other ways to use teas

Teas or infusions can be added to the bath for skin conditions, such as oats and chamomile for eczema.

You can also use teas or infusions as hair rinses (such as rosemary), or as foot soaks (with calendula).