

## Sip Your Way to Health: Best Teas for Cold Weather

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As temperatures drop, our bodies need more than just heavy clothes to stay healthy — **what we drink matters too**. Certain teas not only **keep you warm** but also **support the immune system**, helping your body fight off seasonal colds, flu, and infections. Here are some expert-recommended teas to include in your winter routine.

### 1. Ginger Tea – Nature’s Warming Elixir

**Why it works:** Ginger contains **gingerol**, a natural compound with **anti-inflammatory and antioxidant properties**. It stimulates blood circulation, which **helps generate body heat**, and may relieve sore throats and congestion.

**How to enjoy:** Boil fresh ginger slices in water for 5–7 minutes, strain, and add honey and lemon for flavor and an extra immunity boost.

### 2. Tulsi (Holy Basil) Tea – Immunity Booster

**Why it works:** Known in Ayurveda as a powerful adaptogen, **tulsi** helps the body manage stress and strengthens the immune system. Its antibacterial and antiviral compounds may also help ward off infections common in winter.

**How to enjoy:** Steep tulsi leaves in hot water for 5 minutes. For added warmth, add a pinch of black pepper or ginger.

### 3. Green Tea – Antioxidant Powerhouse

**Why it works:** Packed with **polyphenols and catechins**, green tea supports immune function and protects cells from oxidative stress. It’s also lighter than herbal teas, making it a gentle daily pick-me-up in cold weather.

**How to enjoy:** Brew green tea leaves in hot water for 2–3 minutes, then add honey if desired. Pair it with a slice of lemon to enhance vitamin C content.

### 4. Cinnamon Tea – Sweet and Spicy Warmth

**Why it works:** Cinnamon has **antimicrobial and anti-inflammatory properties**, which may help reduce winter illnesses. Its warming effect helps maintain body heat, making it a comforting choice for chilly mornings or evenings.

**How to enjoy:** Boil cinnamon sticks in water, add a dash of black pepper, and sweeten lightly with honey for a naturally spiced tea.

### 5. Black Tea with Spices – Classic Winter Comfort

**Why it works:** Traditional masala chai blends black tea with **ginger, cardamom, cloves, and pepper**, combining antioxidants, warming spices, and immune-boosting compounds. The combination helps **stimulate circulation** and **enhances digestion**, keeping the body active even in cold weather.

**How to enjoy:** Brew tea with spices, simmer with milk if preferred, and enjoy up to 2 cups a day. Avoid excessive sugar to maintain health benefits.

### **Tips for Maximum Benefits**

- **Drink warm, not scalding:** Warm liquids support circulation, but extreme heat can irritate the throat.
- **Add immunity boosters:** Honey, lemon, turmeric, and black pepper complement your teas naturally.
- **Stay hydrated:** Even in winter, water intake is important; tea supplements, not replaces, hydration.
- **Moderation matters:** Herbal and spiced teas are potent; 2–3 cups per day is ideal for most adults.

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