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HERBAL

by Cheryl Jabz



Nature's  
Gentle  
Healer

# Chamomile Remedies & Uses



## Chamomile Tea

Steep 2–3 teaspoons of dried chamomile flowers in hot water for 10 minutes. Drink to promote relaxation, improve sleep, and soothe digestion.



## Topical Compress

Apply cooled chamomile tea with a clean cloth to help relieve skin irritation, minor wounds, and swelling.



## Steam Inhalation

Add chamomile tea or essential oil to hot water and inhale the steam to ease congestion and calm the mind.



## Sitz Bath

Use chamomile in a warm bath to soothe inflammation in sensitive areas.



## Skin Ointments & Creams

Chamomile-infused products can help treat rashes, sunburn, and dry or irritated skin.



**IMPORTANT SAFETY NOTES:** Chamomile is generally safe for most people, but it may cause allergic reactions in individuals sensitive to plants in the daisy family, such as ragweed or chrysanthemums. If you have known plant allergies, use caution or consult a healthcare professional before use.

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