



Top 10 Healing Herbs

Every Home Should Have

NOURISH • HEAL • THRIVE NATURALLY

1



Calendula

Calendula is known for its bright orange and yellow flowers and is commonly used in skincare products.

Benefits ~ Traditionally used for skin support ~ Popular in salves and soaps ~ Gentle herbal ingredient.

Easy Ways to Use Calendula ~ Herbal salves ~ Soap making ~ Infused oils ~ Bath products.

2



Garlic

Garlic is one of the most powerful natural wellness herbs found in many kitchens. Known for its strong aroma and flavor, garlic has long been used to support immune health and overall wellness.

Benefits ~ Supports immune function ~ Naturally rich in antioxidants ~ May support heart health ~ Adds bold flavor to meals.

Easy Ways to Use Garlic ~ Soups and stews ~ Roasted vegetables ~ Herb butter ~ Homemade dressings.

3



Rosemary

Rosemary is an aromatic herb loved for both cooking and herbal wellness. Traditionally used to support memory and circulation, it also makes a wonderful addition to DIY skincare and haircare products.

Benefits ~ May support focus and memory ~ Rich in antioxidants ~ Popular in hair oils and soaps ~ Naturally aromatic.

Easy Ways to Use Rosemary ~ Roasted potatoes ~ Chicken dishes ~ Herbal infused oils ~ Hair rinses.

4



Peppermint

Peppermint is refreshing, cooling, and soothing. It is one of the easiest herbs for beginners and is commonly used in teas and wellness blends.

Benefits ~ Traditionally used for digestion ~ Cooling and refreshing ~ Helps freshen breath ~ Great for relaxation.

Easy Ways to Use Peppermint ~ Herbal tea ~ Infused water ~ Desserts ~ DIY bath products.

5



Thyme

Thyme is a flavorful culinary herb traditionally valued for respiratory support and immune wellness.

Benefits ~ Rich in antioxidants ~ Traditionally used for respiratory health ~ Supports healthy cooking naturally.

Easy Ways to Use Thyme ~ Soups ~ Roasted vegetables ~ Chicken dishes ~ Herbal tea blends.

6



Sage

Sage has a warm earthy flavor and a long history in traditional herbal wellness practices.

Benefits ~ Naturally aromatic ~ Traditionally used for wellness support ~ Great culinary herb.

Easy Ways to Use Sage ~ Stuffing ~ Brown butter sauces ~ Tea ~ Herbal crafts.

7



Lemon Balm

Lemon balm is a gentle calming herb with a fresh citrus scent.

Benefits ~ Traditionally used for relaxation ~ Pleasant herbal tea herb ~ Beginner-friendly plant.

Easy Ways to Use Lemon Balm ~ Tea ~ Herbal syrups ~ Infused water ~ DIY skincare.

8



Oregano

Oregano is more than a pizza herb. It has long been valued in traditional herbal practices.

Benefits ~ Rich in antioxidants ~ Supports flavorful healthy cooking ~ Popular wellness herb.

Easy Ways to Use Oregano ~ Pasta sauces ~ Marinades ~ Herb blends ~ Roasted vegetables.

9



Dandelion

Often considered a weed, dandelion is actually a nutrient-rich herb traditionally used for digestive and wellness support.

Benefits ~ Naturally nutrient-rich ~ Traditionally used for digestion ~ Useful from root to flower.

Easy Ways to Use Dandelion ~ Herbal tea ~ Salads ~ Infused oils ~ Herbal bitters.

10



Chamomile

Chamomile is one of the most beloved calming herbs. Its gentle floral flavor makes it a favorite bedtime tea ingredient.

Benefits ~ Traditionally used for relaxation ~ Helps support restful sleep ~ Gentle and soothing.

Easy Ways to Use Chamomile ~ Tea ~ Bath soaks ~ Facial steam ~ Herbal sachets.

Why Every Home Should Keep Healing Herbs

Healing herbs can help support a more natural lifestyle while adding flavor, aroma, and beauty to everyday living. Many herbs are easy to grow indoors or outdoors and can be used in:



Cooking



Herbal
Teas



Homemade
Soaps



Skincare
Products



Bath
Soaks



Natural
Wellness

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Herbs have connected people to natural wellness for generations. Whether you are cooking healthy meals, making herbal teas, or creating homemade soaps and skincare products, healing herbs are wonderful staples for any home.

Building an herbal lifestyle starts one herb at a time.



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