

Good
Herbs
Brighter
Days



Calendula Tea

Nature's Gentle Healer in a Cup

Soothing • Healing • Nourishing • Naturally

Nature
Heals
Naturally



Small
Steps
Big
Wellness



Calendula
Nature's
Gentle
Support



Herbal Remedies
for a Healthier You!



Calendula Tea Recipe

Simple • Natural • Soothing

Ingredients

- 1–2 teaspoons dried calendula flowers (or 2 tablespoons fresh petals)
- 1 cup (8 oz) hot, filtered water
- Optional: honey (for taste)
- Optional: lemon slice (for added flavor & vitamin C)



*A cup of calendula tea...
A little sunshine for your soul.*



How Often to Drink

- 1–3 cups daily as needed.
Can be enjoyed regularly for overall wellness.

Instructions

- 1 Bring water to a boil, then remove from heat.
- 2 Add dried calendula flowers to a tea infuser or directly into the cup.
- 3 Cover and steep for 5–10 minutes.
- 4 Strain, add honey or lemon if desired, and enjoy warm.

Tips & Variations

- Blend with chamomile or peppermint for extra soothing benefits.
- Use organic, food-grade calendula flowers.
- Make an iced version for a refreshing treat in warmer months.

Health Benefits of Calendula Tea



Soothes Sore Throat

Helps reduce irritation, inflammation and supports a healthy throat.



Supports Digestion

May help calm an upset stomach, reduce bloating and support gut health.



Supports Immune Health

Rich in antioxidants that help the body defend against harmful free radicals.



Promotes Healthy Skin

Helps soothe skin conditions such as dryness, eczema, acne and inflammation from within.



Supports Wound Healing

Traditionally used to help speed up healing of minor cuts, scrapes and irritated skin.



Anti-Inflammatory & Antimicrobial

Contains natural compounds that may help reduce inflammation and support overall wellness.

Important Notes

- Generally safe for most people.
- Avoid if you are allergic to plants in the daisy (Asteraceae) family, such as ragweed, marigolds, or chrysanthemums.
- Consult your healthcare provider if pregnant, nursing, or taking medications.

Live Well • Naturally • Everyday

www.EverythingHerbalByCherylJabz.com

Herbs for the Body
Peace for the Soul

