

Not medical advice. Shared for educational purposes only.

Please consult a healthcare professional and do your own research before using herbs.



lemon balm

Melissa officinalis

calm / uplift



calendula

Calendula officinalis

skin / inflammation



echinacea

Echinacea purpurea

immune system



yarrow

Achillea millefolium

wound care



nettles

Urtica dioica

nutritious / allergies



comfrey

Uymphytum officinale

bruises / sprains



peppermint

Mentha x piperita

digestion / headaches



german
chamomile

Matricaria chamomilla

sedative



valerian

Valeriana officinalis

sleep / anxiety



sage

Salvia officinalis

sore throat / digestion



thyme

Thymus vulgaris

cough / cold



elderberry

Sambucus canadensis

immune support

