

HSA Recipes

CHAMOMILE

Matricaria recutita

Chamomile has a long history of being used to promote relaxation as well as to address sleeplessness, upset stomachs, pain relief and skin irritations. The following are examples of ways to use chamomile.

BATH TEA

- Blend equal parts chamomile flowers, lemon verbena, lavender, sea or Epsom salts. Place 3-4 Tablespoons of the mixture in a muslin bag and steep in bath water.
- Store the remaining mixture in an air-tight dark container away from heat and sunlight.

HERB OR SLEEP PILLOWS

- Blend one part chamomile flowers to ½ part lavender flowers and tuck inside decorative or sleep pillows. Hops can also be added to that blend.

SOAP

- Add chamomile flowers to melt and pour soap recipes

TEA

- For a bedtime tea , steep 1 Tablespoon of chamomile flowers in 1 cup of water or blend and steep 1 teaspoon of chamomile, 1 teaspoon of lemon verbena and ½ teaspoon of fennel in 1 cup of boiling water for 5 -10 minutes.
- Add chamomile to fruit flavored blends with herbs such as lemon verbena, orange mint, pineapple mint etc. along with cinnamon stick pieces and crushed cloves.
- Combine 2 teaspoons chamomile, 1 teaspoon lemon balm or lemon verbena and ¼ teaspoon of ginger and steep in 1 cup of water for a soothing tummy tea.

