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.