

Chamomile Flowers

A gentle floral botanical traditionally used for relaxation, digestion, and cozy bedtime rituals.

Official Botanical Name: *Matricaria chamomilla*

Brief Description: Chamomile flowers are one of the most beloved traditional herbal teas in the world. Known for their soft apple-like aroma and calming floral properties, chamomile is commonly used in evening tea blends, digestive wellness routines, and soothing self-care rituals.

Benefits

- Traditionally used to support relaxation and calm
- Popular in bedtime and evening tea blends
- Supports digestive comfort after meals
- Gentle floral support for stress-management wellness routines
- Commonly used in soothing baths and self-care rituals
- Naturally caffeine-free herbal tea option

Ways to Use

- Herbal tea or bedtime tea blends
- Bath soaks and floral baths
- Botanical steam and self-care rituals
- Infused oils and skincare preparations
- Digestive comfort tea after meals
- Relaxation-focused herbal routines

Instructions

- Steep 1–2 tsp of chamomile flowers in hot water for 5–10 minutes.
- Cover while steeping to preserve aromatic oils.
- Enjoy warm before bedtime or after meals.
- Blend with lavender, lemon balm, peppermint, or rose.
- Store tightly sealed away from heat, moisture, and sunlight.

Suggested Adult Use: 1–2 cups daily as desired.

Medication Warnings & Safety Notes: Use caution with ragweed-family allergies, sedatives, blood thinners, pregnancy, breastfeeding, or medications causing drowsiness. May increase relaxation and sleepiness in sensitive individuals. Discontinue use if irritation or allergic reaction occurs.

Educational use only. These statements have not been evaluated by Health Canada or the FDA. This product is not intended to diagnose, treat, cure, or prevent disease. Consult a qualified healthcare professional before using herbal products if pregnant, nursing, taking medication, or managing a medical condition.