



Lavender



Dandelion



Calendula



Mint

- Flower and root make a calming tea
- Soothes indigestion and constipation
- In salves, can soothe rashes or mild burns

- Calming to the body's nervous system
- Soothing to the digestive system
- Relieves tense, aching muscles

- Soothes nausea
- Pain reliever
- Helps clear the respiratory system

- Moisturizer for the skin & heals rashes/wounds
- Combats inflammatory reactions
- Gentle fever reducer



Salvia



Eucalyptus



Aloe



Chamomile

- Aids in headaches
- Soothes coughs & colds
- Bug Repellent

- Helps with memory & focus
- Antibacterial
- Antioxidant

- Calming tea
- Aids in nausea & vomiting
- soothing for mouth sores

- Heals burn wounds
- Eases digestive issues
- Skin protectant



# Echinacea

- Immune support

- Reduces pain

- Help lower blood sugar