

5 Ways to Use Chamomile for Stress

For this article, I've chosen one of my favorite herbs, chamomile, to show the many ways you can invite this humble yet powerful herb into your life and use chamomile for stress.

Chamomile Tea

- 1 tablespoon dried chamomile flowers
- 12 ounces water

Steep the chamomile in just boiled hot water for 7-10 minutes, covered. Strain. Add honey if desired. Enjoy!

Yield: 1 serving

Chamomile Syrup

- 1/4 cup dried chamomile flowers
- 12 ounces water
- Approximately 1/2 cup honey

Steep the chamomile in just-boiled hot water for 10 minutes, covered. Strain. Add the honey, stir well to combine. Keep in the fridge and use within 2 weeks.

Yield: 2 cups

Chamomile Tincture

- 1 cup finely crumbled dried chamomile flowers
- 16 ounces vodka (80-100 proof)

Place the chamomile in a glass pint jar. Add the vodka. You will most likely not use the entire 16 ounces. Stir well. Cover with a tight fitting lid and let it macerate for 4 weeks. I keep mine in a dark place on the counter and shake it daily for the first couple of weeks. Strain. This stores indefinitely. The recommended dosage is 3-6 ml, 3 times a day, or small doses more frequently.

Yield: 14 ounces



Chamomile Oil

- 1/2 cup finely crumbled dried chamomile flowers
- 16 ounces carrier oil of your choice

Place the chamomile in a glass pint jar. Fill the jar with the oil. You will most likely not use the entire 16 ounces. Stir well. Cover with a tight-fitting lid and let it macerate for 4 weeks. I keep mine in a dark place on the counter and shake it daily for the first couple of weeks. When the oil smells like lovely chamomile, you can strain it, and then use as desired. Use within a year.

Yield: 14 ounces

Chamomile Bath

- 2 quarts water
- 2 cups chamomile flowers

In a large soup pot, bring the water to a boil. Turn off the heat. Add the chamomile flowers and stir well so that they are all submerged in the water. Cover with a tight-fitting lid. Let steep for 20 minutes. In the meantime, prepare your bath. Strain the chamomile, reserving the liquid for your bath. Before getting into the bath, test the water carefully. The addition of the hot chamomile water will heat things up. Soak as desired. I recommend taking this bath at the end of the day, or when you are able to further relax afterwards.

Yield: 1 bath