Benefits of Chamomile

Chamomile isn’t just a tea, but it is an herb that has a wide range of health benefits. From helping you sleep better to easing your upset tummy, it can be a great herb to have more of on a regular basis. Take a look at all these different benefits of chamomile.

**It Helps With Insomnia**

It is no surprise that chamomile can help with insomnia, since many people choose to drink chamomile tea at night before bed. The qualities of the chamomile herb are really good at relaxing and soothing your nervous system, which is what can relax your body enough to help you sleep. Not only can you try drinking tea before you intend to sleep, but you can also add essential oils of chamomile to a diffuser and place it in your bedroom to help you sleep, or put some drops in your bath.

**You Can Treat Your Burns and Cuts**

One of the more surprising benefits of chamomile is that it is really good for your skin. There are a lot of skin conditions it can help with when you mix it with a carrier oil and rub it on your skin, from giving you more moisture and hydration, to helping with acne. You can also treat cuts, burns, and scrapes on the skin by creating a salve with the chamomile. Just make sure if you use essential oils, you never rub it directly on your skin. These oils are too concentrated for direct contact when they aren’t diluted first.

**Chamomiles is Good For Stomach Upset**

If you have been dealing with an upset stomach and digestive issues, you can try using chamomile to soothe your stomach. Since it works so well for muscles and the nervous system, you can bet that the chamomile herb will also relieve those stomach problems. If you are dealing with digestive issues or you have conditions like irritable bowel syndrome, dry drinking more chamomile tea and you will start to experience some relief.

**It Can Be Used to Prevent Colds**

Chamomile also happens to have antibacterial and antioxidant qualities, both of which will help you to prevent or help treat colds and flu’s. It helps with anything that is related to illnesses or infections that come from having too much bacteria in the body, particularly with reducing your risk of getting a cold. Turn having chamomile tea into a nightly routine for this and various other benefits.