

Lemon Balm

Botanical Name: *Melissa officinalis*

Family: Lamiaceae

Energetics: Cooling, aromatic

Taste: Lemon-like, mild, slightly bitter

Actions: Nervine, calming, antiviral, digestive support, mild sedative

Overview

Lemon Balm is a cooling, aromatic herb traditionally used for calming the nervous system, easing digestive upset, and providing mild antiviral properties. It is often used for stress relief and sleep support.

Uses

Internal Uses

- Reduces anxiety and nervous tension
- Supports restful sleep
- Digestive support for bloating and indigestion
- Mild antiviral effects

External Uses

- Aromatherapy for relaxation and mood enhancement
- Infused oils or baths for calming skin and mind

Medication Interactions

- May enhance sedative medications
- Caution with thyroid medications (may interact with thyroid function)

Contraindications

- Pregnancy: safe in moderation; avoid high doses without guidance
- Children: safe in tea form
- Allergy to Lamiaceae family

Caution & Safety

- Monitor for excessive sedation
- Avoid high internal doses without guidance
- Use essential oils externally with dilution

Herbal Pairings

Blends Well With

- Chamomile (calming synergy)
- Lavender (nervine support)
- Peppermint (digestive support)
- Jasmine (aromatic calming)

Avoid Combining With

- Sedative medications without supervision
- Thyroid-modulating drugs without guidance

Possible Side Effects

- Mild sedation if overconsumed
- Rare allergic reactions
- Digestive upset in sensitive individuals

Forms & Dosage

Tea / Infusion

- 1–2 tsp dried leaves per cup water
- Steep 5–10 minutes
- 1–3 cups daily

Tincture (1:5)

- 1–2 mL, 1–2 times daily

Aromatherapy / External Use

- Diffuse essential oil or apply diluted infused oil



Lemon Balm is excellent for calming, stress relief, mild antiviral support, and digestive comfort. Ideal in teas, tinctures, and aromatic blends.

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