

# 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

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## 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.

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## 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
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## Medication Interactions

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

- Pregnancy: safe in moderation; avoid high doses without guidance
  - Children: safe in tea form
  - Allergy to Lamiaceae family
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## **Caution & Safety**

- Monitor for excessive sedation
  - Avoid high internal doses without guidance
  - Use essential oils externally with dilution
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## **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
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## **Possible Side Effects**

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

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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