

# Linden

**Botanical Name:** *Tilia spp.*

**Family:** Malvaceae

**Energetics:** Cooling, aromatic

**Taste:** Sweet, floral, mildly bitter

**Actions:** Nervine, mild sedative, diaphoretic, anti-inflammatory, digestive support

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## Overview

Linden flowers are traditionally used for relaxation, mild anxiety relief, sleep support, and soothing mild digestive or respiratory discomfort. It is also known for promoting sweating to reduce fever.

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## Uses

### Internal Uses

- Calming nervine for stress and anxiety
- Mild sedative to support sleep
- Digestive aid for bloating or mild upset
- Diaphoretic for fever reduction

### External Uses

- Infused water for skin soothing
  - Bath infusions for relaxation and mild anti-inflammatory effects
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## Medication Interactions

- May enhance sedative medications
  - Monitor if combined with other nervine herbs
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## Contraindications

- Pregnancy: safe in moderate amounts
  - Children: safe in tea form
  - Allergy to Malvaceae family
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## **Caution & Safety**

- Avoid excessive intake to prevent over-sedation
  - Use essential oils or concentrated extracts externally with caution
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## **Herbal Pairings**

### **Blends Well With**

- Chamomile (calming synergy)
- Lemon Balm (nervine support)
- Lavender (relaxation synergy)

### **Avoid Combining With**

- Sedative medications without supervision
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## **Possible Side Effects**

- Mild sedation if overconsumed
  - Rare allergic reactions
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## **Forms & Dosage**

### **Tea / Infusion**

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

### **Tincture (1:5)**

- 1–2 mL, 1–2 times daily

### **External Use**

- Infused water or baths as needed
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## **Notes**

Linden is a gentle, aromatic herb excellent for calming, sleep support, and mild digestive or respiratory relief. Ideal for teas, baths, and herbal blends.

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