



Botanical Name: *Tilia spp.*

Family: Malvaceae

Energetics: Cooling, aromatic

Taste: Sweet, floral, mildly bitter

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

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.

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

Medication Interactions

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

Contraindications

- Pregnancy: safe in moderate amounts
- Children: safe in tea form
- Allergy to Malvaceae family

Caution & Safety

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

Herbal Pairings

Blends Well With

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

Avoid Combining With

- Sedative medications without supervision

Possible Side Effects

- Mild sedation if overconsumed
- Rare allergic reactions

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

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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