**Lemon Balm, Melissa officinalis**

Plant Family: Lamiaceae (Mint Family)

Stress relieving, soothing, cooling, calming, relaxing, gently stimulating and uplifting

Culinary & Medicinal herb

**Parts used**: leaves

Lemon balm can be used as: an infusion, tincture, vinegar, syrup, honey, compress, poultice, elixir, lozenge, ointment, salve, foot soak, bath herb, infused oil, liniment

**Culinary**: Gives refreshing lemon flavor to salads; used in baked goods, tea, infused wine

**Stress Relief and restful sleep**: lemon balm is helpful for anxiety/nervousness, depression, insomnia, nervous headaches

**Antivira**l- salve or ointment used to prevent & treat herpes breakouts / cold sores.

**For digestion**: an infusion or medicinal honey calms indigestion.

**Women’s health**: Promotes menstruation, eases period pains

**Cold/Flu**: Hot lemon balm tea is sweat inducing, good for colds & flu

**Actions**: nervine sedative, antidepressant, antiviral, antimicrobial, antioxidant, decongestant, carminative, diaphoretic, antispasmodic, antihistamine

**Constituents**: essential oils, flavonoids, tannins, rosmarinic acid, polyphenols, Vitamin C and Thiamin.

**Description**: Perennial, herbaceous, often grows to 24 inches tall, mint-like in appearance, small white/light yellow/pink flowers on & off through summer, leaves have a lemony fragrance.

**Harvest**: Aerials parts anytime during the growing season, cutting only the upper half of the plant will allow it to regenerate.

**Taste**: refreshing, lemony

**Tincture:** Use at least 40% or up to 70% alcohol with fresh lemon balm

Double tincture instructions:

<http://livininthegreen.blogspot.com/2012/10/making-double-lemon-balm-tincture.html>

<https://www.youtube.com/watch?v=lVaCTQ40VUU>

**Combines:** chamomile, valerian, hops, calendula, oat tops, peppermint, passion flower, rose, lavender and many others.

**Contra-indications:**

People with thyroid issues use caution, may interfere with thyroid medications. Lemon balm can be used for over-active thyroid.

Otherwise considered a safe herb for adults and children.

**Resources:**

The Herb Society of America Fact Sheet:<http://www.herbsociety.org/factsheets/Lemon%20Balm%20Guide.pdf>

Things to do with lemon balm:

<https://thenerdyfarmwife.com/12-things-to-do-with-lemon-balm/>

<http://umm.edu/health/medical/altmed/herb/lemon-balm>

<http://www.anniesremedy.com/herb_detail37.php>

<http://www.herbwisdom.com/herb-lemon-balm.html>