5 Essential Herbs for Beginners

Chamomile

The ultimate gentle ally for deep relaxation, calming sleep teas, and soothing skin-care balms.

Peppermint

A crisp, cooling powerhouse best known for supporting digestive comfort and refreshing aromatic steams.

Calendula

Universally loved as the "mother of the skin" for healing oils, soothing salves, and bath blends.

Lavender

Deeply aromatic and versatile; ideal for stress-relief linen sprays, calming teas, and bath salts.

Hibiscus

Packed with antioxidants and a tart flavor, it adds a vibrant crimson pop to wellness teas.