

How to Prepare Chamomile Tea

Chamomile tea is a gentle herbal infusion with roots in ancient healing traditions. It's caffeine-free, soothing, and simple to prepare. In this guide, we'll walk you through the process in a calm, step-by-step way—perfect for beginners or seasoned tea drinkers alike.

Ingredients & Tools You'll Need

Item	Quantity	Notes
Dried chamomile flowers	1 tablespoon	Or 1 chamomile tea bag
Water	1 cup (240 ml)	Freshly boiled preferred
Teapot / Mug / Kettle	1	Any vessel for boiling and steeping
Tea infuser or strainer	1	Only needed for loose flowers
Optional: Honey, lemon, ginger	To taste	Add flavor or boost health benefits

Step-by-Step Instructions

- 1. Boil the Water:** Use fresh, filtered water and bring it to about 200°F (93°C).
- 2. Add Chamomile:** Add dried flowers to an infuser or use a teabag directly in your mug.
- 3. Steep and Cover:** Let the tea steep for 5–10 minutes, covered to retain the essential oils.
- 4. Strain or Remove:** Take out the infuser or strain the loose flowers from the tea.
- 5. Optional Flavors:** Add honey, lemon, or ginger to customize your tea.
- 6. Sip and Relax:** Enjoy your tea warm, ideally in a quiet space.

Why Chamomile Tea?

Benefit	What It Does
Promotes Sleep	Calms the nervous system and aids restful sleep
Soothes Digestion	Relieves bloating, gas, and indigestion
Reduces Anxiety	Mild natural calming effect
Caffeine-Free	Safe for evenings or sensitive individuals

Making chamomile tea isn't just about the beverage—it's a chance to slow down, center yourself, and engage in a tiny act of self-care. Try not to rush the process. The ritual is part of the relaxation.