

Herbal First Aid

All Natural Healing

Activated charcoal

- ☐ Intestinal illnesses that result in vomiting, gas, diarrhea, or other digestive problems

Aloe Vera

- ☐ Minor burns
- ☐ Skin irritations, cuts or minor injuries
- ☐ Bug bites
- ☐ Sunburn

Arnica gel or cream

- ☐ Bruises
- ☐ Sore muscles and sprains
- ☐ Anti-inflammatory properties to significantly reduce healing time

Calendula

- ☐ Treat minor wounds
- ☐ Astringent
- ☐ Antifungal
- ☐ Antibacterial

Chamomile tea

- ☐ Insomnia
- ☐ Minor muscle spasms
- ☐ Inflammation
- ☐ For relaxation
- ☐ Digestive Aid

Citronella-based insect repellents

- ☐ Prevent bug bites

Echinacea

- ☐ Boost immunity
- ☐ Treat various minor types of infections

Witch hazel

- ☐ Astringent and antiseptic treats skin irritations, minor wounds, and insect bites

Eucalyptus essential oil

- ☐ Colds
- ☐ Flu
- ☐ Sinus infections
- ☐ Antibiotic
- ☐ Antiviral

Ginger capsules or tea

- ☐ Digestive problems: nausea, reflux, stomach trouble, and motion sickness

Lavender essential oil

- ☐ Anxiety
- ☐ Restlessness
- ☐ Insomnia
- ☐ Headaches
- ☐ Relieve pain from a burn or wound

Peppermint essential oil and tea

- ☐ Upset stomach
- ☐ Clear sinuses
- ☐ Insect bites
- ☐ Digestive problems

