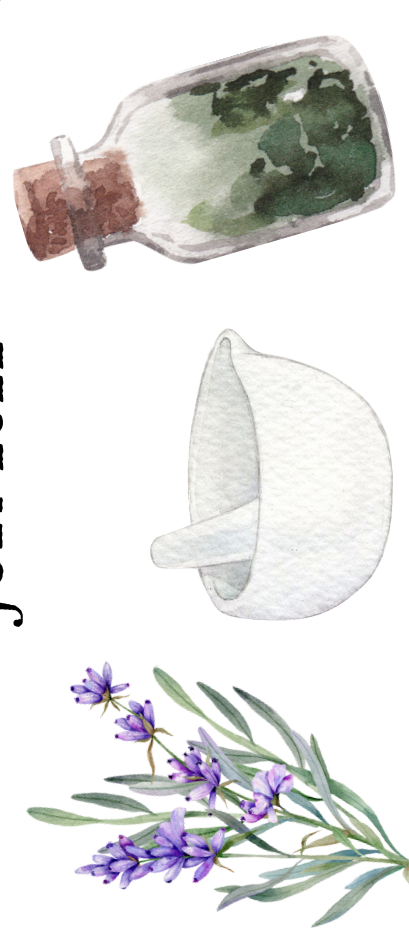




HERBAL STUDIES COVEN CLASS



JULY 2022



LEMON BALM

MELISSA OFFICINALIS

Folk Names: Bee Balm, Lemon Balsam, Sweet Balm

Lemon balm is associated with love magic in Arabian practices. The herb attracts love and affection when carried or it can be soaked in wine for several hours, then strained. Once infused, the wine can be shared with a friend to stir up romantic feelings. Its also said that lemon balm can be rubbed on bee hives to attract new bees and keep the old ones. Lemon balm is often associated with the Moon and the element of water. For this reason, its often considered a healing herb. Pliny the Elder said that if lemon balm is tied to a sword that has made a wound, the blood will instantly be stanchd. Modern practitioners use it as an uplifting herb to ease depression and anxiety. Of course, herbs are no substitute for professional medical care.



LEMON BALM (MELISSA OFFICINALIS)

MEDICINAL INFORMATION:

PRIMARY USES: *Remedies anxiety, sadness, indigestion*

PLANT FAMILY: *Mint*

PARTS USED: *Leaves*

TASTE: *Lemony & sweet*

DESCRIPTION: *Square stem, opposite leaves, can grow waist high, light green, oval or heart shaped leaves with toothed edges. There are no toxic look alikes*

PREFERRED MEDICINAL PREPARATIONS:

Steep the leaves in hot water (dried or fresh) and serve as a remedy for anxiety, sleeplessness, depression, or indigestion

PRECAUTIONS & INCOMPATIBILITIES:

There are very few risks in drinking this as a tea, but taking large amounts in pill form can have complications

LEMON BALM (MELISSA OFFICINALIS)

15 horizontal lines for notes.

LEMON BALM



MELISSA OFFICINALIS



Herbal Lore:

8 horizontal lines for Herbal Lore notes.

Magickal Uses:

8 horizontal lines for Magickal Uses notes.

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LEMON BALM



MELISSA OFFICINALIS



Herbal Lore: _____

Magickal Uses: _____

LEMON BALM (MELISSA OFFICINALIS)

Lemon balm is a great plant to start with while learning about healing herbs. It is safe to handle, edible, and easy to identify. Like all plants in the mint family, it has a square stem and pairs of leaves that grow on opposite sides of the stem. The leaves have an oval shaped and a toothed edge.

SUNNY LEMON BALM TEA

Collect and wash about 1 cup of fresh lemon balm and steep in 2 cups of boiling water for 10 minutes. This creates a soothing tea for a worried mind.

When its done steeping, strain the leaves out and add 2-3 Tbsp of honey (or to taste). This can be drank warm as a soothing tea, chilled for a “herbal lemonade”, or frozen as a fun treat! You can even add strawberries while steeping for a n extra sweet flavor.





