

Tea for Dermatitis & Skin Irritation (Calendula + Oat Tea)

Ingredients

- 1 tablespoon dried calendula flowers
- 1 teaspoon oats (whole oats or oat straw herb)
- 1½ cups hot water
- 1 teaspoon honey (optional)

Instructions

1. Place calendula and oats in a teapot.
2. Pour hot water over and cover.
3. Steep for 15 minutes.
4. Strain and serve warm.

Benefits

- Calendula has strong skin-soothing and anti-inflammatory properties.
- Oats calm irritation and dryness from inside out.
- Honey adds antioxidants and gentle antibacterial support.

