



LEMON BALM

Melissa officinalis



A gentle, lemon-scented herb from the mint family, loved for its calming effects and uplifting aroma.



CALM MIND
BRIGHT SPIRIT
GENTLE HEART

AT A GLANCE



FAMILY
Lamiaceae (Mint Family)



TYPE
Perennial herb



SUN
Full sun to partial shade



HEIGHT
12–24 inches (30–60 cm)



BLOOMS
Summer (small white flowers)



HARDINESS ZONES
4–9



AROMA & FLAVOR
Strong lemon scent,
mildly sweet and citrusy



KEY BENEFITS



CALMS & RELAXES
Traditionally used to ease stress,
reduce anxiety, and promote
relaxation.



SUPPORTS SLEEP
Can help quiet the mind and
encourage restful, nourishing sleep.



SOOTHES DIGESTION
May help relieve occasional
indigestion, bloating, and
stomach discomfort.



SUPPORTS FOCUS & MOOD
Uplifting and gently energizing—
helps support a positive mood
and mental clarity.



TRADITIONAL USES

- Nervous tension and stress relief
- Restless sleep and mild insomnia
- Digestive upset and gas
- Headaches and tension
- Uplifting the mood and spirit



HOW TO USE



TEA Steep 1–2 tsp dried leaves in
hot water for 5–10 minutes.



INFUSIONS Use fresh or dried
leaves in herbal infusions.



TINCTURES Take as directed on
product label.



CULINARY Add fresh leaves to
salads, drinks, or desserts for a
bright lemon flavor.



GROWS WELL IN



Well-drained, fertile soil



Regular watering—keep
soil evenly moist



Trim often to encourage
bushy growth



Great in garden beds
or containers



DID YOU KNOW?

Lemon balm has been cherished
since ancient Greece and Rome.
The name “Melissa” comes from
the Greek word for bee—bees
are especially drawn to its
fragrant flowers!

