



Natural First Aid Kit

VISUAL REMEDY GUIDE



Natural First Aid Kit - Visual Remedy Guide

Lavender Oil

Uses: Calms burns, bites, and promotes sleep.

How to Use: Apply 1-2 drops of diluted lavender oil to the skin to ease burns or bites. Add a few drops to your pillow or diffuser for sleep.

Chamomile Tea

Uses: Soothes digestion, stress, and skin irritations.

How to Use: Steep 1 tbsp dried chamomile flowers in hot water for 5-10 minutes. Drink for relaxation or use as a compress for skin.

Aloe Vera

Uses: Great for sunburns, skin healing, and inflammation.

How to Use: Cut a fresh aloe leaf and apply the gel directly to the skin. Use 2-3 times daily for best results.

Ginger Root

Uses: Supports nausea relief, circulation, and digestion.

How to Use: Grate fresh ginger into hot water and steep for 10 minutes. Drink to ease nausea or use in cooking.

Honey

Uses: Natural antibacterial for wounds and sore throats.

How to Use: Use raw honey on minor cuts or scrapes. Mix a spoonful into tea for sore throat relief.

Peppermint

Uses: Relieves headaches, tension, and improves focus.

How to Use: Inhale peppermint oil or rub diluted oil on temples. Peppermint tea also supports digestion.

Apple Cider Vinegar

Uses: Disinfects, supports immunity, and balances skin pH.

How to Use: Dilute with water (1:3) and use as toner. Mix into water for an immune-boosting drink.

Calendula

Uses: Heals cuts, scrapes, and reduces inflammation.

How to Use: Steep dried calendula flowers in oil for 2 weeks, strain, and apply to skin. Use in salves or compresses.

Lavender Oil



for burns, bites

Calms burns, bites, and promotes sleep.

Recipe

1. Fill a small jar halfway with dried lavender flowers.
2. Cover with a carrier oil (i like jojoba).
3. Seal and let steep in a cool, dark place for 4-6 weeks.
4. Strain and store in glass bottle.



Warning

Do not use undiluted on skin.

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Chamomile

Uses:

Soothes digestion, stress, and skin
Inflammations.

How to Use:

Steep 1 tbsp dried-chamomile flowers
in hot water for 5-10 minutes.

Drink for relaxation.

Natural First Aid Kit



Uses

- Soothes digestion
- Reduces stress
- Eases skin irritations

How to Make

1. Steep 1 Tbsp, dried chamomile in 1 cup boiling water for 5 minutes.
2. Strain and enjoy warm.



ALOE VERA

Sunburns

RECIPE

Cut an aloe vera leaf, extract the gel, and apply it directly to the sunburned area.



HONEY

For wounds and sore throats



Recipe

Warm honey slightly and apply directly to wounds, or dissolve 1 tablespoon in warm water for a soothing throat gargle.

PEPPERMINT

Helps with headaches and tension.

RECIPE

Steep 2 tsp, of dried
peppermint leaves in
1 cup of hot water for
5–10 minutes.

Apple Cider Vinegar

NATURAL REMEDY



SOOTHER RECIPE

Mix 1–2 tablespoons with water. Drink as a tonic, or gargle for throat Irritation.

Valued for its acidity and nutrient content, raw, unfiltered apple cider vinegar has traditionally been used in folk medicine as a remedy for sore throats and as a tonic for vitality.

Calendula



Heals cuts and scrapes

Salve

Melt 1/2 cup infused oil and 2 tablespoons beeswax in a double boiler. Pour into a jar; cool.