

Kamilica

(Matricaria chamomilla, L.)



Kamilica se često koristi kao čaj za smirenje. Djeluje protuupalno i blago antiseptički. Lako se prepoznaje po mirisu i sitnim cvjetovima.

Često raste samoniklo na livadama.

Zanimljivo je da se kamilica koristi i u kozmetici za njegu kože i kose. Također, njezin miris može pomoći kod opuštanja i lakšeg uspavlivanja.

Chamomile is often used as a calming herbal tea. It has anti-inflammatory properties and a mild antiseptic effect. It's easy to recognize by its distinctive scent and its small, delicate flowers, and it commonly grows wild in meadows.

Interestingly, chamomile is also used in cosmetics for skin and hair care. Its soothing fragrance can help with relaxation and make it easier to fall asleep.

