

The Application of Camomile Tea

Dear Patient

This information leaflet is to inform you of the properties of Camomile Tea and its use during your Radiotherapy treatment.

Camomile Tea is known for its soothing and relaxing nature. The Camomile has two active ingredients which should help the skin whilst undergoing Radiation Treatment. The active ingredients are Essential Oils and Flavonoids.

The Essential Oils soothe the irritated skin and the Flavonoids act as anti-oxidants and assist the body's healing and protect from the changes made to the body by free radicals.

Camomile had a cumulative effect so despite benefits being quick the more regularly and longer term you use the Tea the greater the effect will be.

Application:

Brew 3 Camomile Teabags in hot water. Allow to cool then submerge gauze or cotton wool into the brewed tea.

Pat the area of the body undergoing radiotherapy with the soaked gauze or cotton wool and allow the tea to dry into the skin.

Repeat this process 5-6 times per day for everyday of your treatment.

Keep the brewed tea in a Tupperware dish for 1 day and reuse. Make a fresh batch everyday.

The application of the Tea will help reduce the skin reaction which can occur and reduce any possible itching sensation.

If you have any further questions, please do not hesitate to contact the Radiation Therapy team on 01 645 9045.

Yours sincerely,

The Radiotherapy Team
Hermitage Medical Clinic