

# HOW TO GET RID OF HEADACHE FAST?

## 7 Best Home Remedies



### Ginger

Use ginger to reduce inflammation and relax blood vessels. Brew ginger tea or apply ginger essential oil to your temples.

### Peppermint Aroma

Inhale or apply peppermint oil to open up clogged blood vessels and promote smooth blood flow.



### Soothing Basil

Boil basil leaves, mix with honey, and drink the mixture or chew on fresh basil leaves for relief.

### Chamomile Tea

Brew chamomile tea to relax muscles and reduce tension that leads to headaches.



### Cold Compress

Apply a cold compress to your forehead to reduce inflammation and ease pain.

### Lavender Relaxation

Use lavender oil to reduce inflammation and promote relaxation. Apply it to temples, forehead, or inhale its scent.



### Honey and Cinnamon Tea

Mix honey and cinnamon in warm water for a soothing, pain-relieving tea that eases headaches, relaxes muscles, and improves mood