This is a great post from One Good Thing By Jillee. It details 19 homemade remedies for easing headache pain and tension. The list includes herbal remedies, essential oils, hot/cold compression and relaxation techniques.

It is so easy to just take an over the counter painkiller when headaches strike, but these aren't always the best choice for some people.

For example there are various risks and health warnings associated with taking Aspirin and Ibuprofen. Kids should avoid Aspirin and Ibuprofen is not to be used by people with high blood
pressure. With this in mind, it is useful to know about, and have some natural remedies available to give you alternative options.

19 Homemade Remedies For Headaches
(Image from One Good Thing By Jillee)