



HERBAL MANUAL

Recipes for Herbal Remedies



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Introduction

Seniors in Green Action (SIGA) is an Erasmus+ KA2 Cooperation Partnerships project that aims to empower older adults (aged 54+) through environmental education, practical herbal knowledge, and lifelong learning opportunities. The project promotes sustainability, active aging, and intergenerational knowledge sharing by focusing on the responsible use of medicinal wild plants.

PROJECT PARTNERS

The SIGA project brings together five organisations from across Europe, each contributing unique expertise in education, environmental sustainability, herbalism, and digital innovation:

- Narodno učilište – Ustanova za obrazovanje i kulturu (Croatia)
- DOREA Educational Institute (Cyprus)
- Studio Naturalistico Hyla (Italy)
- Ljudska univerza Ormož (LUO), Slovenia
- Education In Progress (Spain)



About the manual

This Herbal Recipe Manual is one of the key outputs of the SIGA project. It features a carefully selected collection of more than 20 herbal recipes that can be made using medicinal wild plants found across the project partners' and other countries. The manual serves multiple purposes:



Educational – to provide accessible knowledge about the benefits and applications of medicinal plants.



Sustainable – to encourage the respectful and responsible use of natural resources



Practical – to offer easy-to-follow recipes for creating teas, tinctures, salves, and other natural preparations at home

Each recipe includes information on the plant's properties, suggested uses, and preparation instructions. The manual is intended not only as a learning tool, but also as an invitation to reconnect with nature, embrace traditional herbal wisdom and adopt a healthier, more sustainable lifestyle.



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Important note

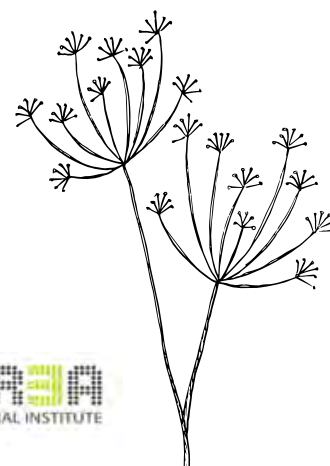
While the herbs and remedies presented in this manual have a long history of traditional use and are generally considered safe when used appropriately, it is important to remember that scientific evidence supporting some of their medicinal effects may be limited.

The information provided here is educational and is not intended as a substitute for professional medical advice, diagnosis, or treatment. Some plants may interact with medications, cause allergic reactions, or have side effects, especially when used in large amounts or over long periods. The effects of herbal remedies can also vary based on individual health conditions, age, and other factors.

We strongly recommend consulting with a qualified healthcare provider or herbal specialist before using any herbal preparation - especially if you are pregnant, breastfeeding, taking medication, or managing a chronic health condition.

Use these remedies with care and respect for both your body and the natural environment.

SIGA project team



Black Elderberry (*Sambucus nigra* L.)



Short description

Woody plant with arboreal or shrubby shape, up to 10 m tall, with a dense and globular canopy; trunk is erect, sinuous, twisted, knotty, and branched from the bottom; branches are opposite, with an arched and drooping shape.

Bark of the trunk is brownish gray, wrinkled and deeply fissured; that of the branches is light gray, smooth and covered with brownish longitudinal lenticels. Characteristic of the section of the branches and the trunk is the white, soft and elastic central pith. the roots produce numerous suckers.

Buds are opposite, oval and pointed, covered at the base by red-brown scales from which leaf buds emerge.

Leaves are petiolate, opposite, deciduous, 20-30 cm long, with ovate or rounded stipules (1 cm), acute at the apex. The blade is imparipinnate, composed of 5-7 ovate segments with a sharp apex and a toothed margin with evident secondary veins, bright green. When crumpled, they give off an unpleasant odor.

Flowers are very fragrant, gathered in pedunculate, umbrella-shaped inflorescences that can reach a diameter of 20 cm, initially erect, then reclined; they have a short, bell-shaped calyx; an actinomorphic corolla, composed of 5 ivory-white petals, sometimes reddened, oval; lateral flowers sessile, the terminal ones pedunculate. Stamens are 5 with yellow anthers;

The fruits are small, globose drupes, initially green but then purple-blackish, shiny, and juicy when ripe. They contain 2-5 oval, brown seeds grouped in pendulous infructescences on reddish peduncles.

The species is widely distributed in Europe and the Caucasus from 0 to 1.400 m above sea level. It grows in clearings, at the edge of humid woods, slopes, along walls and on rubble. It quickly occupies the spaces left free in clearings, at the edge of woods, also as a pioneer in anthropized environments. It prefers fresh soils rich in nutrients and decomposed organic matter.

Health Benefits

Its medicinal properties have been known since ancient times, and, in traditional medicine, it was considered a true panacea. Emollient, sudorific, diaphoretic, laxative, diuretic properties, useful in colds, cystitis and neuralgia. The ripe fruits contain vitamins A and C and are purifying and laxative; the juice is used in the treatment of neuralgia and stomach cramps. The mucilages have an emollient action and the flavonoids have an anti-inflammatory and diuretic action. The bark can be useful for rheumatism, bladder inflammation and fluid retention. The powdered dried leaves can help stop nosebleeds.

For internal use, the flowers can be used against bronchitis, fever and constipation. For external use, they have an astringent action on the skin. They can be used on boils, burns and in case of haemorrhoids. With the principles extracted from the flowers, astringent, decongestant and emollient lotions are produced, useful for normalising sebum secretion, bubble baths, emulsions and masks for impure and oily skin.

Edible and dyeing plant

The juice of the fruits can be used to dye natural fibers in various shades of purple, it was once used as a coloring substance for leather and as ink; from the leaves it is possible to obtain a green and black dye from the bark. The very ripe fruits can be eaten raw, but are generally used for the production of jams and syrups.

The fresh inflorescences, fried in batter, are delicious. The flowers are also excellent in salads, omelettes and fruit salads. The dried flowers can be used to flavor alcoholic beverages, bitters, white wine and vinegar. The inflorescences left to dry slightly, are added to the must to flavor and promote sparkling wine.

Caution! Raw elderberries, as well as the seeds, leaves, and bark of the plant, contain toxic substances. Consuming raw elderberries or any other toxic part of the plant may cause nausea, vomiting and diarrhea. Larger amounts can lead to more severe consequences.



ELDERBERRY MOTHER TINCTURE

Ingredients:

- 100 g fresh elderflower heads (inflorescences, peduncles removed)
- 50–70 ml food-grade alcohol (e.g., ethanol or vodka, 50–70% strength)
- 30–50 ml clean water
- Airtight glass container
- Dark glass bottles



Instructions:

The mother tincture of elderberry is obtained by cold maceration in a hydroalcoholic solvent, of the fresh flowering tops.

1. Collect and rinse very delicately a quantity of inflorescences sufficient to obtain, net of the peduncles, 100 grams of flowers. Then leave them to dry in a cool environment, outdoors, also in order to give any insects time to move away spontaneously.
2. Place them in an airtight container and add 100 ml of 50-70% hydroalcoholic solution (50-70 ml of food alcohol and 50-30 ml of water). Let the tincture rest for 21 days, shaking frequently. Filter and store in dark bottles away from light and in a cool place.

Use:

Elderberry mother tincture is useful in feverish and inflammatory conditions, renal lithiasis, fluid retention. It is also an excellent antirheumatic and antineuralgic. It acts as a sudorific in flu states, catarrhal conditions, sinusitis and as a diuretic and purifying in cases of rheumatism and gout. 30 drops of mother tincture diluted in a little water are generally recommended (possibly with the addition of honey, sugar or lemon). In any case, it is always advisable to consult a specialist for specific indications.

ELDERFLOWER SYRUP

Ingredients:

- 50 elderberry umbrellas
- 2.5 kg sugar
- 3 organic lemons
- 2 organic oranges
- 2 litres of water



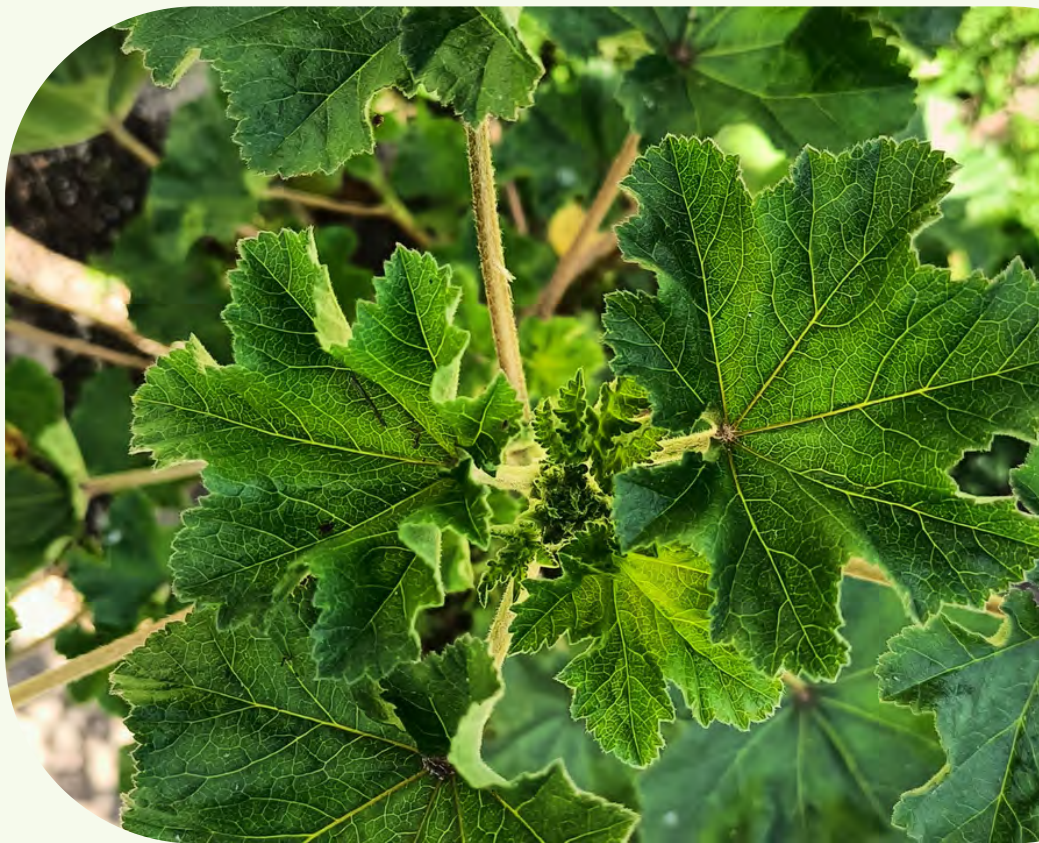
Elderflowers have an expectorant, antibacterial, fever-reducing, strengthening, diaphoretic, blood-purifying and anti-inflammatory effect. Elderflower syrup is an excellent home remedy for colds, fever, coughs and sore throats.

It is preferable to pick elder flowers on a sunny morning, when their scent is most intense. Process the flowers immediately after picking and shake them to remove any insects, but do not wash them. Otherwise the pollen will be washed away and with it some of the typical flavour. Remove the thick stems of the flowers as they have a bitter taste.

Instructions:

1. Place the flowers in a large vase or other suitable container. Wash the organic oranges and one organic lemon, cut them into thin slices and add them to the flowers. In a second pot, bring the water, sugar and the juice of two organic lemons to the boil. Completely dissolve the sugar in the water, stirring continuously. Let the sugar water cool and then pour it over the flowers and citrus slices. Stir, cover and place in the refrigerator or a cool place. Stir once a day.
2. After two or three days, pour the syrup through a fine sieve and bring it to the boil. Pour the hot syrup into previously sterilized bottles and seal. It is best not to use too large bottles (250 ml or 500 ml). Elderflower syrup will keep for about 1 year, while Elderflower syrup diluted with still or sparkling water is an excellent thirst quencher for young and old. Opened bottles should be kept in the refrigerator and consumed within a few days.

Common Mallow (Malva sylvestris L.)



Short description

Perennial plant, rarely annual, herbaceous but often woody at the base, pubescent, with branched stems. Creeping habit with stems up to 1.5 m long, or erect up to 60 cm.

The long and fleshy taproot, in the first year produces a rosette of basal leaves with palmate-lobed leaves. The leaves on the stem are deeply divided, alternate, with pubescent leaf blade, five-lobed.

Flowers with long peduncles, solitary or grouped 2-6; corolla made up of 5 bilobed petals, pink-purple with darker streaks; numerous stamens with fused filaments over the ovary.

The fruits are round and made up of many small, seed-like parts. They can be smooth or slightly hairy, flat on one side, and have a net-like surface. Each fruit breaks into 15–18 single seeded segments.

It is present in almost all areas of the world. In Italy it is common throughout the territory and grows in uncultivated areas, trampled places, ruderal environments, on the edges of roads, also frequent in fields and meadows, from 0 to 1.600 m above sea level.



Health Benefits

Common Mallow has antimicrobial, hepatoprotective, anti-inflammatory, and antioxidant properties. This plant's traditional use in treating many diseases. Some of the most impressive health benefits of *Malva sylvestris* may include its ability to speed wound healing, protect against infection, reduce inflammation, reduce signs of aging, improve respiratory health, optimize digestive functions, improve sleep, and treat headaches. Its main constituents are: mucilage, flavonoids, anthocyanins, vitamin complexes B1, B2 and C, carotene and potassium.

One of the common uses of *Malva sylvestris* can be as a pain reliever, particularly in topical applications. In case of injuries or wounds in some way on your own skin, it is useful to apply the leaves of *Malva sylvestris* in the form of a poultice to the affected area. It was always for external use, and in some Italian places it is already very popular to use common mallow leaves as a mouthwash, in cases of dental abscesses and bleeding gums, as a fast and an effective remedy. In fact, the name of the genus, associated with the Greek "malátto" I soften, and with "malákhe" emollient, with reference to the emollient properties of these plants.

Not only will the chemicals from the leaves help to speed healing, due to their rich vitamin content, but may also offer certain analgesic properties to the area, reducing pain and discomfort. This analgesic ability of the common mallow can be used in many ways throughout the body, both internally and externally. This also makes it a popular application in face masks or topical headache remedies.



Health Benefits

Building on those first health benefits, *Malva sylvestris* can also boost the immune system by preventing bacterial infections and other foreign agents to affect those wounded areas. This can also be achieved through the consumption of *Malva sylvestris* leaves, seeds, and supplements. And for the consumption and related preservation all the year long, of their flowers and leaves, according to a peasant tradition in central Italy they had to be harvested on June 23rd, on the eve of St. John's Day, there was (in fact in some places still now) the belief that Common Mallow's flowers and leaves health benefits were more concentrated, powerful and effective than other days, becoming a real "remedy for all ills".

Common Mallow helps against insect bites, large bruises, sunburn, or rashes on the skin, a gel or poultice made of *Malva sylvestris* can be very effective for reducing inflammation and swelling, while also possibly stimulating more rapid healing. When using the essential oil or ingested varieties of *Malva sylvestris*, you can also apply it to joints and aches.

Edible herb

Common mallow as edible herb can be used: the leaves, flowers, young shoots and unripe capsules can be eaten in salads, it is better to mix them with other vegetables, and leaves and young shoots cooked as a vegetable. Its younger branches cooked and seasoned with oil, salt and vinegar or lemon, can be used as a side dish or used in the preparation of soup. This herb can also be used as an ingredient for filling ravioli, in meatballs and for cooking tasty omelettes. Risottos with mallow are excellent.



MALLOW INFUSION

Ingredients:

- 2–3 grams of dried mallow leaves and/or flowers or
- 5–6 grams of fresh mallow leaves and/or flowers
- 250 ml hot water (just off the boil)
- (Optional preparation tools: strainer or tea infuser, teacup or heatproof mug)



Instructions:

Mallow infusion is prepared using the leaves and flowers (fresh or dried) of the plant, and can be consumed both hot and cold.

1. Gather and rinse very delicately the mallow leaves and/or flowers in the desired quantity to be consumed fresh or dried. Then leave them to dry in a cool environment, outdoors, also to give any insects time to move away spontaneously. Then chop coarsely and proceed directly to use the fresh plant, or to dry it.
2. To prepare the infusion, put 2-3 grams of dried plant or 5-6 of fresh plant in a cup (about 250 ml) of hot water. Leave to infuse for about 10-15 minutes, filter and drink.

Use:

Mallow infusion is ideal as an anti-inflammatory for the throat and in case of cough and bronchitis, but also in case of a simple cold. It is also excellent for reducing inflammation and regulating the intestine. It can be taken during pregnancy and breastfeeding. However, it is recommended to drink mallow infusion a maximum of three times a day, preferably away from meals, as excessive consumption can have side effects such as nausea, diarrhea, vomiting and dizziness. In very rare cases, mallow could cause more serious allergic reactions. In any case, it is always advisable to consult a specialist for specific indications.

COMMON MALLOW OINTMENT

Ingredients:

- 1 small, very clean, very dry glass jar with lid
 - Pot large enough to fit the jar
 - Clean, dry spoon or knife
 - Enough chopped herbs to fill the jar
 - Good-quality oil (extra virgin olive oil, almond oil, sunflower oil or rice oil, depending on the desired properties and texture)
 - Another small, clean and dry pot
 - Beeswax
-



Instructions:

1. Pick the mallows at midday, when the dew has dried on the leaves and the flowers are open. Don't wash the leaves, but pick them over and discard any dirty ones. It's important to use only dry plant material – any trace of moisture will cause the oil infusion to mold. Chop the leaves. Fill the jar with chopped leaves and flowers.
2. Pour oil into the jar. Stir it once or twice. Keep filling the jar until all the herbs are covered and the jar is full. Close the jar tightly and place in a pot containing water to come half-way up the jar.
3. Place the pot over low heat and let the water simmer for 2 hours, replacing it as it evaporates. Remove the jar from the water bath, wipe it dry, and set it aside to cool.
4. Strain the oil through cheesecloth or an old, clean nylon stocking. Diaper material and thin, worn-out kitchen towels are also useful here. Squeeze out as much oil as possible from the leaves.
5. The best of it is in the last drops. Discard the spent herb. Measure the oil. For every 30 ml. of infused oil, have ready 1 tablespoon (15 ml.) of grated beeswax. Heat the measured oil in a small pot, over very gentle heat.

COMMON MALLOW OINTMENT

6. Add the grated beeswax. Stir until it melts and you have a smooth semi-solid: one or two minutes. Pour the warm ointment into a clean jar. Cover and let it cool until it becomes solid.

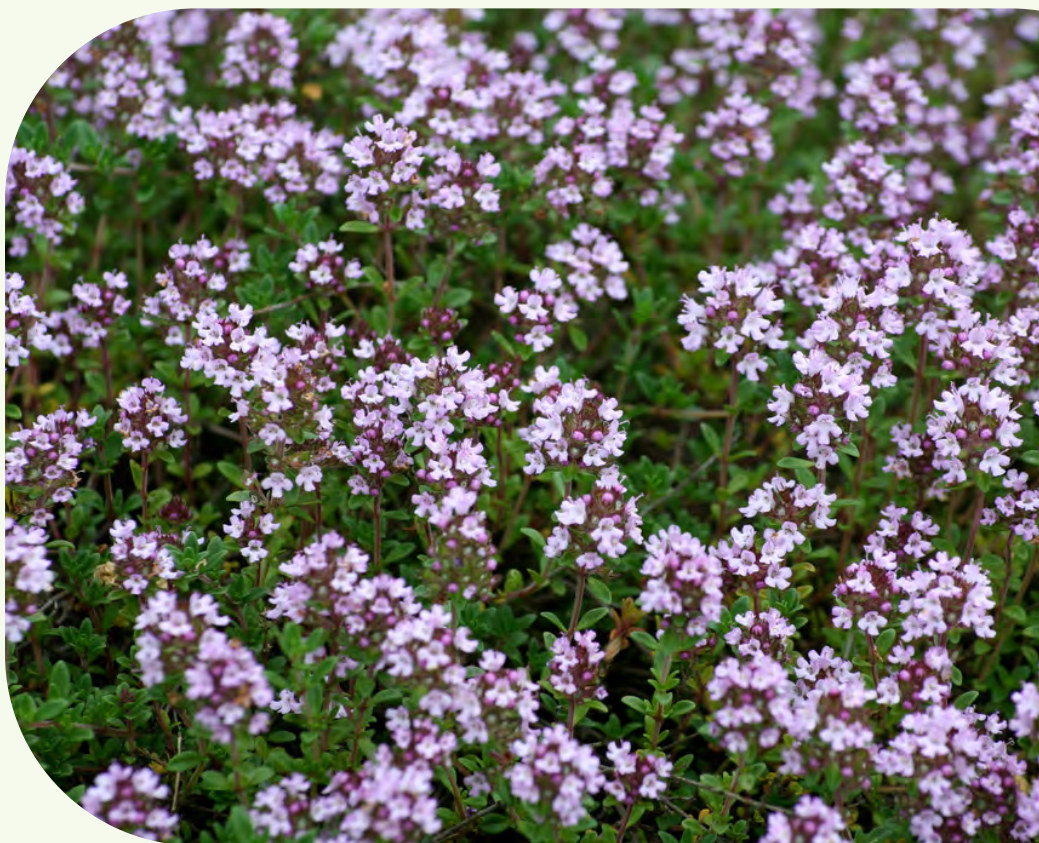
7. You can melt the ointment again and add more infused oil if it's too solid, or more beeswax if it's too soft. Add only teaspoons at a time until you're satisfied with the texture. Lacking commercial beeswax, you can measure a tablespoon-sized chunk from a genuine beeswax candle and melt it into the oil. Just draw the wick out of the liquid before pouring it into the jar.

Use:

Due to the emollient and anti-inflammatory properties of mallow, making an ointment is very useful for providing relief to skin that is reddened by the sun, dry or after irritating insect bites.



Common Thyme (*Thymus vulgaris* L.)



Short description

Common Thyme is a woody, perennial herb belonging to the mint family (Lamiaceae). It is native to the Mediterranean region but is now widely cultivated around the world.

It forms a low, bushy shrub, typically growing 15 to 30 centimeters high and spreading 15 to 40 centimeters wide. It has small, linear to ovate, dark gray-green leaves that are highly aromatic. The plant produces small, tubular flowers that can be purple, pink, or white. These flowers bloom from late spring to early summer and are attractive to bees and other pollinators.

Thyme thrives in well-drained, sandy, or rocky soils with a neutral to alkaline pH. It prefers full sun and is both frost and drought-tolerant. It is a low-maintenance plant that should be trimmed back in early spring and summer to prevent it from becoming too woody. Propagation is best done through stem cuttings, layering, or division.

Harvesting thyme properly ensures that the plant remains healthy and continues to produce flavorful leaves. The best time to harvest thyme is in mid-spring or early summer, just before the plant starts to flower. This is when the leaves are most flavorful.

Use sharp scissors or pruning shears to make clean cuts and avoid damaging the plant. Identify the stems you wish to cut and trim them above a leaf node or a set of leaves. This encourages new growth and prevents the plant from becoming too woody. Avoid cutting more than one-third of the plant at a time to ensure it remains healthy and continues to grow. If you plan to dry the thyme, bundle the stems together and hang them in a dark, dry, and well-ventilated place for about two weeks.



Health Benefits

Common thyme is a versatile herb that not only enhances the flavor of dishes but also offers a range of health benefits due to its rich content of essential oils, vitamins, and minerals. Whether used in cooking, as a tea, or in essential oil form, thyme is a valuable addition to any natural health regimen.

Thyme is highly beneficial for respiratory health, as it helps alleviate coughs and various respiratory conditions by reducing inflammation and mucus. It possesses strong antibacterial and antifungal properties due to the presence of thymol, which makes it effective in fighting infections and preventing the growth of harmful bacteria and fungi.

Thyme is also excellent for supporting the immune system. It is rich in vitamins A and C, which are essential for maintaining a healthy immune response. Additionally, thyme contains essential nutrients such as copper, iron, and manganese.

For digestive health, thyme can help alleviate issues like bloating, gas, and indigestion by stimulating the production of digestive enzymes and improving overall gut health. Its anti-inflammatory properties make it beneficial for reducing inflammation in the body, which is helpful for conditions like arthritis and other inflammatory diseases.

Moreover, thyme is useful for skin health. Its antibacterial properties make it effective in treating acne and other skin conditions, and it can be used in topical applications to help clear up skin infections.



THYME SYRUP

Ingredients:

- 20 g of dried herb
- 1 L of boiling water
- 1 kg sugar



Part of the plant used for the syrup:

Flowering herb

Instructions:

1. Finely chop the dried flowering shoots of thyme and prepare an infusion. Pour 1 litre of boiling water over 20 g of dried herb. Cover and let it stand for 10 minutes. Then strain the infusion into a new pot.
2. Place the pot on the stove and, while stirring constantly, add 1 kg of sugar. Stir until the sugar is completely dissolved. Continue heating until it boils, which should take about 2 minutes.
3. Pour the hot syrup into dark bottles and seal them well.

Use:

Thyme is effective for coughs, it affects the bronchi by expanding them and inhibits the growth of almost all bacteria. It has antiseptic and antibacterial effects on the respiratory, digestive, and urinary systems. It is successfully used for bronchitis and whooping cough, as well as for inflammation of the oral cavity and throat.

Dosage:

- Children: 1 teaspoon 3 to 4 times a day
- Adults: 1 tablespoon 3 to 4 times a day

THYME TINCTURE

Ingredients:

- finely chopped flowering shoots
- homemade brandy

*Part of the plant used for the syrup:
Flowering herb*



Instructions:

1. Finely chop the flowering shoots of thyme and place them in a glass jar. Pour over them 5 times the amount of strong homemade brandy. Seal the jar well and shake it. Place it in a bright, warm place (room temperature). Shake well once a day.
2. After 4 weeks, strain through gauze, squeeze the plant material well.
3. Pour into dark bottles with a dropper cap.

Use:

Thyme is effective for coughs, it affects the bronchi by expanding them and inhibits the growth of almost all bacteria. It has antiseptic and antibacterial effects on the respiratory, digestive, and urinary systems. It is successfully used for bronchitis and whooping cough, as well as for inflammation of the oral cavity and throat.

Dosage:

- Take 20 to 30 drops 3 times a day. Drop them into 1.5 dl of water and drink.

Note: Do not use alcoholic tinctures if you are taking any medication without first consulting your doctor.

Eucalyptus (Eucalyptus sp. pl.)



Short description

Eucalyptus is a fast-growing evergreen tree native to Australia, now widely cultivated in many parts of the world for its medicinal, ornamental, and industrial uses. Belonging to the Myrtaceae family, eucalyptus trees can range from small shrubs to tall trees exceeding 60 meters in height, depending on the species.

The plant is easily recognized by its long, narrow, aromatic leaves that release a distinctive, menthol-like fragrance when crushed. The leaves are rich in essential oils, particularly eucalyptol (cineole), known for its antiseptic, decongestant, and anti-inflammatory properties. Young leaves are often round and silvery, while mature leaves are more elongated and dark green.

Eucalyptus flowers are small and fluffy, typically white, cream, yellow, or red, and they attract pollinators such as bees and birds. The bark of the eucalyptus tree can vary significantly - some species have smooth bark that peels away in strips, while others have rough or fibrous textures. This resilient plant thrives in well-drained soil and full sunlight.

It is commonly used in forestry for timber and paper production, in aromatherapy, and in traditional medicine for treating respiratory issues. Due to its rapid growth and adaptability, eucalyptus is also planted to combat soil erosion and for reforestation purposes, though in some regions, it is considered invasive due to its high water consumption and allelopathic effects on native plants.

Eucalyptus is valued for its rich essential oil content, especially eucalyptol (cineole), which gives it strong antimicrobial, anti-inflammatory, and decongestant properties. The leaves also contain tannins, flavonoids like quercetin, & phenolic compounds such as caffeic and ferulic acid, contributing to its health benefits.

With a strong, menthol-like aroma and a slightly bitter taste, eucalyptus leaves are commonly used fresh or dried in teas, inhalations, ointments, and compresses, particularly for respiratory relief and skin care.



Health Benefits

Eucalyptus is widely recognized for its strong respiratory support, particularly in relieving symptoms of colds, coughs, sinusitis, and bronchitis. Its expectorant and decongestant properties help loosen mucus and clear airways, making it especially effective when used as a vapor or inhalation. Rich in eucalyptol (cineole), eucalyptus also has potent antiseptic and antibacterial effects, making it useful for disinfecting wounds, supporting healing, and maintaining oral hygiene.

When applied topically, eucalyptus oil acts as an anti-inflammatory and analgesic, helping to relieve muscle pain, joint inflammation, and nerve discomfort. Its antimicrobial activity further supports the immune system, helping the body resist infections. The refreshing scent of eucalyptus promotes mental clarity, reduces fatigue, and may ease headaches when used in aromatherapy.

In skin care, it is valued for its cooling, antifungal, and antimicrobial properties, offering relief for acne, wounds, insect bites, and minor burns. Additionally, eucalyptus essential oil is a natural insect repellent, often used in sprays and balms as a plant-based alternative to synthetic products.

Eucalyptus can be used in steam inhalations for respiratory relief, teas (in small, guided amounts) for coughs and sore throats, and diluted topical oil for muscle pain or inflammation. It is also suitable for oral care as a mouthwash or gargle (always diluted), and in aromatherapy to ease stress, enhance breathing, and purify the air.

Eucalyptus essential oil should never be ingested undiluted and must always be diluted before skin application. It is not recommended for young children or individuals with asthma without medical advice.



EUCALYPTUS TINCTURE

Ingredients:

- 200 g of dried eucalyptus leaves
- 1 L of 70% alcohol (e.g. vodka or food-grade ethanol)



Instructions:

1. Chop the eucalyptus leaves, place them in a clean glass bottle or jar, and pour over the alcohol.
2. Close tightly and store in a warm, dark place for 3–4 weeks, shaking the bottle every few days.
3. After maceration, strain through a fine sieve or cheesecloth and store in a dark glass bottle.

Use:

For internal use:

- 10–15 drops in water, up to 2 times daily, to support the immune system or respiratory health during colds.

For external use:

- Dilute 1:5 with water and use as a gargle for sore throat or disinfectant rinse for minor wounds and skin irritation.

Note: Do not use it internally for children under 12, pregnant or breastfeeding women, or individuals with epilepsy or liver disease without medical advice.

EUCALYPTUS OIL MACERATE

Ingredients:

- 100 g of dried eucalyptus leaves (or 200 g fresh)
- 1 L of olive oil or sunflower oil



Instructions:

1. Crush the leaves slightly to release the oils. Place them in a double boiler or glass jar in a water bath.
2. Cover with the oil and gently heat for about 2 hours at a low temperature (do not boil). Stir occasionally.
3. Once done, strain through a fine cloth while warm and store in a dark glass bottle.

Use:

- Apply externally as a massage oil for muscle and joint pain
- Rub onto the chest and back for relief from coughs and bronchial congestion
- Can be used to repel insects and soothe insect bites
- A few drops can be added to bath water for relaxation and respiratory relief

Note: External use only. Avoid contact with eyes and mucous membranes. Always test on a small patch of skin first

EUCALYPTUS INHALATION BLEND

Ingredients:

- 1 L of hot water (just below boiling)
- 1 tablespoon of dried eucalyptus leaves or 3–5 drops of eucalyptus essential oil
- Optional: 1 tsp dried thyme or peppermint leaves for enhanced expectorant effect



Instructions:

1. Pour hot water into a large heatproof bowl. Add eucalyptus leaves or oil.
2. Place a towel over your head, lean over the bowl, and inhale deeply for 5–10 minutes. Keep your eyes closed.
3. Repeat 1–2 times daily during illness.

Use:

Clears sinuses, reduces nasal and chest congestion, eases coughing, and soothes irritated respiratory passages.

Note: Not recommended for children under 6 or people with asthma unless advised by a healthcare provider.

EUCALYPTUS CHEST RUB BALM

Ingredients for Balm Base:

- 100 g eucalyptus macerate (from previous recipe)
- 100 g coconut oil or shea butter
- 50 g beeswax
- Optional: 5 g lanolin for a smoother texture

Essential Oils:

- 10 drops of eucalyptus essential oil
- 6 drops peppermint essential oil
- 4 drops tea tree essential oil (for added antibacterial action)
- 3 drops rosemary essential oil (stimulating, helps with mucus)



Instructions:

1. Gently melt beeswax, coconut oil, and eucalyptus macerate in a water bath. Stir until fully liquefied.
2. Remove from heat. Allow to cool slightly, then stir in the essential oils.
3. Pour into clean, dry jars or tins. Let cool completely before sealing.

Use:

Massage onto the chest, upper back, and soles of the feet before bedtime. Provides relief from dry or productive cough, tightness in the chest, and nighttime nasal congestion.

Note: External use only. Not for use on infants or young children under 6 years. Avoid mucous membranes and eyes.

Lavander (*Lavandula* sp. pl.)



Short description

Lavender (*Lavandula*) is a fragrant, woody herb belonging to the Lamiaceae family. It is native to the Mediterranean region, though it is now widely cultivated around the world for its essential oils and ornamental qualities. Lavender plants are known for their striking purple flower spikes and aromatic, silvery-green foliage.

The plant typically grows in bushy clusters, reaching a height of 30–90 cm (12–36 inches), depending on the species. Lavender thrives in well-drained, alkaline soil and full sunlight, making it ideal for gardens and as a border plant.

The flowers, which are the most prized part of the plant, are harvested when fully bloomed. Lavender essential oil, extracted from the flowers, has been used for centuries in aromatherapy, personal care, and medicinal practices.

The plant is known for its calming, anti-inflammatory and antimicrobial properties. It also attracts pollinators such as bees and butterflies, which add to its appeal in gardens.

Lavender is well known for its soothing fragrance and therapeutic properties, primarily due to its rich content of essential oils, particularly linalool, linalyl acetate, camphor, and terpineol. These compounds contribute to lavender's calming, anti-inflammatory, and antiseptic effects. The plant also contains flavonoids such as apigenin, luteolin, and quercetin, which provide antioxidant and anti-inflammatory benefits, as well as tannins that offer astringent qualities useful in skin care. In addition, phenolic acids like rosmarinic acid enhance their antimicrobial and anti-inflammatory actions.

Lavender has a slightly bitter, floral taste and a fresh, sweet aroma with subtle woody notes. This scent is widely regarded as one of the most relaxing and uplifting in aromatherapy.

The flowers, either fresh or dried, are the most commonly used parts of the plant and are utilized in teas, oils, infusions, and other preparations aimed at promoting relaxation, healing, and general well-being.

Health Benefits

Lavender is best known for its calming and stress-reducing effects. Its soothing aroma helps ease nervous tension, promote relaxation, and support emotional balance. Widely used in aromatherapy, lavender oil has been shown to reduce cortisol levels, making it beneficial for those experiencing stress, anxiety, or restlessness. Its ability to calm the mind also makes it a natural remedy for improving sleep quality. Whether inhaled before bed, used in a pillow spray, or added to a diffuser, lavender can help promote deep, restorative sleep and ease mild insomnia.

Beyond its mental health benefits, lavender offers notable analgesic and anti-inflammatory properties. When used in massage oils or warm baths, it can help relieve muscle aches, joint pain, and tension headaches. Its antimicrobial and antifungal effects make it useful in supporting skin health, particularly for minor burns, insect bites, acne, eczema, and wound healing. Lavender soothes irritation, reduces redness, and promotes skin regeneration.

Lavender also aids the digestive system by relaxing stomach muscles and stimulating bile flow, helping to ease indigestion, bloating, nausea, and gas. Finally, the plant acts as a gentle yet effective natural insect repellent, helping to deter mosquitoes, moths, and flies. Lavender oil is often included in repellents, balms, and sprays, and can be safely applied to the skin or diffused to keep insects away.

Lavender can be used in aromatherapy to reduce stress and support sleep, or topically (diluted) to ease headaches, muscle pain, and inflammation. A mild tea made from dried flowers aids digestion and promotes relaxation. Adding lavender to a bath helps soothe the body and calm the mind, while inhalation of its scent offers quick relief from anxiety and stress.



LEVANDER TINCTURE

Ingredients:

- 200 g of dried levander leaves
- 1 L of 70% alcohol (e.g. vodka or food-grade ethanol)



Instructions:

1. Chop or break the lavender flowers and place them in a clean glass bottle or jar.
2. Pour over the alcohol and seal tightly.
3. Store in a warm, dark place for 3–4 weeks, shaking the bottle every few days.
4. Strain the tincture through a fine sieve or cheesecloth and store in a dark glass bottle.

Use:

For internal use:

- 10–15 drops in water, up to 2 times daily, to aid digestion, improve sleep, or reduce anxiety.

For external use:

- Dilute 1:5 with water and use as a gargle for sore throat or a disinfectant rinse for minor wounds and skin irritations.

Note: Do not use it internally for children under 12, pregnant or breastfeeding women, or individuals with epilepsy or liver disease without medical advice.

LEVANDER OIL MACERATE

Ingredients:

- 100 g of dried lavender flowers
- 1 L of olive oil or sunflower oil



Instructions:

1. Crush the lavender flowers slightly to release the oils.
2. Place them in a double boiler or glass jar in a water bath.
3. Cover with oil and gently heat for about 2 hours at a low temperature (do not boil).
4. Stir occasionally, then strain through a fine cloth while warm and store in a dark glass bottle.

Use:

- Apply externally as a massage oil for muscle pain or stress relief.
- Rub onto the chest for relief from coughs and bronchial congestion.
- It can be used to repel insects and soothe insect bites.
- A few drops can be added to bath water for relaxation and skin care.

Note: External use only. Avoid contact with eyes and mucous membranes. Always test on a small patch of skin first

Lemon Balm (*Melissa officinalis* L.)



Short description

Lemon balm (*Melissa officinalis*) is an herb from the mint family native to mountainous areas of southern Europe and northern Africa, but has naturalized in almost every warm or temperate area around the globe. The bright green, crinkled leaves have a fragrant lemon-like odour.

The plants grow about two feet tall, with branching stems. The oval or heart-shaped, slightly toothed leaves are held tightly in pairs at each stem joint. The inconspicuous white flowers, sometimes with a yellowish or pinkish tinge, bloom in the leaf axils throughout the summer and are attractive to bees. Because lemon balm is rich in nectar, it is sometimes planted to feed bees.

It is recommended to harvest lemon balm just before it starts to flower, as this is when the essential oils - and thus the flavour and aroma - are at their peak.

The best time to harvest is in the morning after the dew has dried, but before the heat of the day.

This timing helps preserve the essential oils in the leaves. Use sharp scissors or pruning shears to cut stems just above a leaf node, about 5 centimetres above the ground, to encourage bushier growth. Regular harvesting throughout the growing season promotes continuous leaf production.

After harvesting, you can use the fresh leaves immediately or preserve them by drying or freezing them. To dry, tie stems into small bundles and hang them upside down in a cool, dry, well-ventilated area away from direct sunlight until the leaves are crisp. To freeze, chop fresh leaves and place them in ice cube trays filled with water or olive oil. Once frozen, transfer the cubes to freezer-safe containers.



Health Benefits

Lemon balm (*Melissa officinalis*) is a calming herb. It was used as far back as the Middle Ages to reduce stress and anxiety, promote sleep, improve appetite, and ease pain and discomfort from indigestion (including gas and bloating, as well as colic). Even before the Middle Ages, lemon balm was steeped in wine to lift the spirits, help heal wounds and treat venomous insect bites and stings.

Today, lemon balm is often combined with other calming, soothing herbs, such as valerian, chamomile, and hops, to promote relaxation. Some of the most common benefits include:

- Anxiety and stress reduction: Compounds in lemon balm may have calming effects, helping to alleviate anxiety and promote relaxation.
- Cognitive enhancement: Some studies suggest that lemon balm may improve mood and cognitive function, enhancing memory and alertness.
- Sleep aid: Its mild sedative properties can assist in improving sleep quality and managing insomnia.
- Digestive support: Lemon balm has been used to ease indigestion, bloating and gas.
- Antiviral properties: Topical applications of lemon balm may help in treating cold sores caused by the herpes simplex virus.

Note. While generally considered safe, considering its long history of use, there is limited scientific evidence to support these medicinal uses of Lemon Balm, and further research is needed to confirm its efficacy. Additionally, the plant may interact with some medications and may cause side effects in some people. We recommend consulting with a healthcare provider before using it for medicinal purposes.



LEMON BALM TINCTURE

Ingredients:

- 1 cup fresh lemon balm leaves
- 2 cups high-proof alcohol (vodka or brandy, at least 40% alcohol)
- A clean glass jar with a tight lid
- Cheesecloth or fine mesh strainer



A tincture is a concentrated herbal extract made with alcohol that can be used for calming nerves, improving digestion, and promoting restful sleep.

Instructions:

1. Chop or crush the lemon balm leaves slightly to release their oils.
2. Place the leaves in a glass jar and pour alcohol over them, ensuring the leaves are fully submerged.
3. Seal the jar and store it in a cool, dark place for 4-6 weeks, shaking gently every few days.
4. After 4-6 weeks, strain out the herbs using a cheesecloth or fine strainer.
5. Pour the liquid into a dark glass dropper bottle and store it in a cool place

Use:

Take 15-30 drops (½ to 1 dropper) in water or tea 1-3 times per day for stress, digestion, or sleep support.

Tip: You can also make an alcohol-free tincture by substituting vegetable glycerine for alcohol (though the shelf life is shorter).

Note: Do not use alcoholic tinctures if you are taking any medication without first consulting your doctor.

LEMON BALM SYRUP

Ingredients:

- 1 cup fresh lemon balm leaves
- 2 cups water
- 1 cup raw honey (or maple syrup for a vegan option)
- 1 tbsp lemon juice (optional, for flavour and preservation)



Instructions:

1. Rinse fresh lemon balm leaves and remove the stems.
2. Add lemon balm leaves and water to a small saucepan.
3. Bring to a gentle simmer (not boiling) and let it reduce by half (about 20-30 minutes).
4. Strain out the leaves and return the liquid to the pot.
5. Add honey (and lemon juice, if using) while the liquid is still warm but not too hot, stirring well.
6. Pour into a sterilised glass bottle or jar and store in the refrigerator for up to 4-6 weeks.

Use:

Take 1-2 tsp up to 3 times per day for colds, sore throat, or stress relief. Add to warm tea or water for an extra soothing effect.

Tip: Mix Lemon Balm with Thyme or Sage for added respiratory support.

Nettle (*Urtica Dioica* L.)



Short description

Nettle, commonly known as stinging nettle, is a herbaceous perennial flowering plant belonging to the Urticaceae family. It is native to Europe, parts of temperate Asia, and North Africa, but is now found worldwide.

Nettle plants typically grow to a height of 0.9 to 2 meters. They have widely spreading rhizomes (underground stems) and stolons (horizontal stems that grow above the ground), which are bright yellow, as are the roots. The soft, green leaves are 3 to 20 centimetres long and are borne oppositely on an erect, wiry, green stem. The leaves are ovate to lanceolate with a heart-shaped base and serrated margins. They are covered with tiny, hollow, hair-like structures called trichomes, which cause a stinging sensation when touched. Nettle plants are dioecious, meaning individual plants are either male or female. The small, greenish flowers are borne in dense flower clusters that emerge from the point where the leaf joins the stem and typically bloom from late spring to early summer.

Nettles thrive in temperate climates, particularly in areas with rich, moist soil. They are common in disturbed environments like meadows, riverbanks, forest edges, and urban waste grounds.

Harvesting nettle for herbal and medicinal uses requires some care to ensure you get the best quality leaves while avoiding the plant's thorns. The best time to harvest nettle is in the spring, from late March to April, before the plant starts to flower.

This is when the leaves are most tender and nutrient-rich. Wear gloves, long sleeves, and long pants to protect yourself from the stinging hairs on the plant. Use scissors or a sharp knife to cut the leaves.



Health Benefits

Nettle is renowned for its numerous health benefits, which have been recognized since ancient times. It is a versatile plant used in various ways, including culinary applications like soups, pesto, and tea, as well as garden uses such as natural fertilizer and pest repellent. It also has household uses like natural dye and fiber production, and medicinal benefits for joint pain relief and hair care.

Nettle leaves and roots are nutrient-rich, packed with vitamins A, C, K, and several B vitamins, as well as minerals like calcium, iron, magnesium, phosphorus, potassium, and sodium. They also contain essential fatty acids, amino acids, polyphenols, and pigments like beta-carotene.

Nettle has potent anti-inflammatory properties, making it effective in reducing inflammation and pain associated with conditions like arthritis. Known for its antihistamine properties, nettle can help alleviate symptoms of hay fever and other allergies.

Nettle root is commonly used to treat symptoms of benign prostatic hyperplasia (BPH), helping to improve urinary flow and reduce the frequency of nighttime urination.

Some studies suggest that nettle may help lower blood sugar levels, making it beneficial for people with diabetes. Rich in antioxidants, nettle helps protect cells from damage caused by free radicals, reducing the risk of chronic diseases such as heart disease and cancer.



Preserving nettles

Look for young, tender plants that are bright green and free from brown or yellow spots. Cut the top few inches of the plant, including the upper leaves and stems. This part is the most tender and nutritious. If the plant has started to flower, it's best to avoid harvesting as the leaves become tougher and less palatable.

Rinse the harvested nettle leaves in cold water to remove any dirt or insects. If you plan to dry the nettle, spread the leaves out on a clean towel or drying rack in a well-ventilated area away from direct sunlight. You can bundle 5-6 stems together and tie them with a string. Hang the bundles in a dark, dry, and well-ventilated place.

Let them dry for 1-3 weeks, depending on the humidity and size of the bundles. Alternatively, you can use a dehydrator set to a low temperature (around 35°C). Dry for 12-18 hours, checking periodically to ensure they are completely dry.

Once dried, store the nettle leaves in an airtight container in a cool, dark place. Keep them in a cool, dark place to preserve their potency. Use within 6-12 months for the best quality. They can be used for teas, tinctures, or other herbal remedies.



NETTLE ROOT TINCTURE RECIPE

*Part of the plant used for the tincture: Root –
harvested in autumn or early spring*

Maceration time: 4 weeks

Ingredients:

- finely chopped roots
- homemade brandy



Instructions:

1. Finely chop the cleaned roots and place them in a glass jar. Pour over them 5 times the amount of strong homemade brandy. Seal the jar well and shake it.
2. Place it in a bright, warm place (room temperature). Shake well once a day.
3. After 4 weeks, strain through gauze, squeeze the roots well.
4. Pour into dark bottles with a dropper cap.

Use:

For urinary problems due to an enlarged prostate. With prolonged use, the symptoms of an enlarged prostate improve, although the size of the prostate gland does not decrease.

Dosage:

Take 20 to 30 drops 3 times a day. Drop them into 1.5 dl of water and drink.

Note: Do not use alcoholic tinctures if you are taking any medication without first consulting your doctor.

NETTLE INFUSION RECIPE

Part of the plant used for the infusion: dried nettle leaves

Ingredients:

- 30 grams of dried nettle leaves
- 1 liter of boiling water



Instructions:

1. Place the dried nettle leaves in a large jar or teapot.
2. Pour the boiling water over the nettle leaves.
3. Cover and let it steep for 4 to 8 hours, or overnight.
4. Strain the infusion and store it in the refrigerator.

Use:

Nettle infusions are highly nutritive tonics that nourish your body with trace minerals, vitamin K, and antioxidants. They support cardiovascular health, blood sugar regulation, and general wellness.

Dosage:

Drink 1 cup of the infusion daily. You can enjoy it cold or gently warmed.

NETTLE INFUSED OIL

Part of the plant used for the infusion: dried nettle leaves

Ingredients:

- 1 cup of dried nettle leaves
- 1 cup of carrier oil (like olive oil or almond oil)
- A glass jar with a lid



Instructions:

1. Place the dried nettle leaves in the jar.
2. Pour the carrier oil over the leaves, ensuring they are fully submerged.
3. Seal the jar and place it in a sunny spot for 2-3 weeks, shaking occasionally.
4. Strain the oil through a cheesecloth or fine mesh strainer.
5. Store the infused oil in a dark bottle.

Use:

Nettle-infused oil is excellent for promoting hair growth and improving hair quality. It enhances blood circulation to the scalp, which helps nourish hair roots and reduce hair loss. It can also make hair shinier and healthier.

The oil can be used to soothe and moisturize the skin, helping with conditions like eczema, cradle cap in infants, and general skin irritations. It has anti-inflammatory properties that can ease skin irritation and promote healing.

Nettle-infused oil can be used as a massage oil to relieve stiff joints and reduce inflammation associated with arthritis. It can be added to baths to relax and soothe the skin, or used as a base for making lotions that promote healthy skin.

Rosemary (*Salvia rosmarinus* Spenn.)



Short description

Rosemary (*Salvia Rosmarinus*) is a small evergreen plant of the mint family (Lamiaceae), the leaves of which are used to flavour foods. Native to the Mediterranean region, rosemary has naturalized throughout much of Europe and is widely grown in gardens in warm climates.

Rosemary is a perennial shrub and usually grows to about 1 metre in height, though some plants can reach up to 2 metres tall. The linear leaves are about 1 cm long and somewhat resemble small, curved pine needles. They are dark green and shiny above, with a white underside and curled leaf margins. The small, bluish flowers are borne in axillary clusters and are attractive to bees. The leaves have a pungent, slightly bitter taste and, dried or fresh, are generally used to season foods, particularly lamb, duck, chicken, sausages, seafood, stuffings, stews, soups, potatoes, tomatoes, turnips, and other vegetables, as well as beverages.

It is important to harvest only well-established rosemary plants. It is also best to wait until any new growth has hardened off, usually in summer and early fall. You should avoid harvesting while the plant is blooming.

The prime time for harvesting rosemary for optimum flavour is just before flowering. Cut the stems above the woody growth and avoid dry, brown or yellowing leaves. If you plan to take your rosemary indoors for the winter, be sure to minimize your trimming during the fall to allow it to regain its strength for the winter.

You can dry rosemary to help retain its green colour and essential oils. Longer stems can be hung upside down in a dark area with good air circulation.

Rosemary can also be frozen, although some loss of colour may occur. To freeze, place the sprigs on a cookie sheet that has been covered with waxed paper or place in a Ziploc bag. Strip off the leaves when they are frozen and store in an airtight container.



Health Benefits

In ancient times, rosemary was believed to strengthen the memory, while in literature and folklore, it is an emblem of remembrance and fidelity. There is a record of the King. Ramesses III offering 125 measures of rosemary to the god Amon at Thebes. In ancient Greece, rosemary was valued for its alleged ability to strengthen the brain and memory: students took rosemary to improve their memory and wore rosemary garlands when studying for examinations. During Medieval times, the French used rosemary to embalm the dead.

Nowadays, rosemary is known for being a versatile medicinal herb that supports brain function, digestion, circulation, immunity, hair health, and relaxation. Some of the most common benefits include:

1. Boosts memory & cognitive function. Rosemary contains carnosic acid and rosmarinic acid, which protect the brain from oxidative stress.
2. Improves circulation & relieves muscle pain. Rosemary stimulates blood circulation, reducing muscle tension and joint pain. It has anti-inflammatory properties, making it useful for conditions like arthritis.
3. Supports digestion & gut health. Rosemary stimulates digestive enzymes, helping to reduce bloating, gas, and indigestion. It also has antimicrobial properties, which can fight harmful gut bacteria.
4. Strengthens the immune system. Packed with antioxidants, rosemary protects against infections and supports overall immunity. Its antibacterial properties help combat colds and flu.
5. Promotes hair growth & scalp health. Rosemary improves scalp circulation, helping prevent hair loss and stimulating new hair growth. Its antifungal properties fight dandruff and scalp irritation.
6. Relieves stress & anxiety. The aromatic compounds in rosemary help reduce cortisol levels and promote relaxation.



ROSEMARY HAIR GROWTH OIL

Ingredients:

- ½ cup dried rosemary leaves (or 1 cup fresh)
- 1 cup carrier oil (olive oil, coconut oil, or jojoba oil)
- A clean glass jar with a lid
- Fine mesh strainer or cheesecloth
- Dark glass dropper bottle for storage



This infused oil promotes hair growth, improves scalp circulation, and reduces dandruff. Regular use can strengthen hair and prevent hair loss.

Instructions:

1. Place the rosemary leaves in a clean, dry glass jar.
2. Pour the carrier oil over the rosemary, ensuring all leaves are fully submerged.
3. Seal the jar and store it in a warm, dark place for 2-4 weeks, shaking gently every few days to help the infusion.
4. After the infusion period, strain out the rosemary leaves using a cheesecloth or fine mesh strainer.
5. Transfer the infused oil into a dark glass bottle for long-term storage.

Use:

Massage a few drops into your scalp 2-3 times a week to stimulate hair follicles. Leave it in for at least 30 minutes or overnight before washing your hair.

Tip: You can add a few drops of peppermint or lavender essential oil for extra scalp stimulation.

ROSEMARY MUSCLE RUB

Ingredients:

- ½ cup dried rosemary leaves (or 1 cup fresh)
 - 1 cup carrier oil (olive, almond or coconut oil)
 - 2 tbsp beeswax (for a thick balm texture)
 - 10 drops peppermint or eucalyptus essential oil (for extra cooling relief, optional)
 - A clean glass jar or tin for storage
-



Prepare the rosemary: If using fresh rosemary, let it air dry for a day to reduce moisture and prevent mold.

Instructions:

1. Place the rosemary leaves in a clean, dry glass jar.
2. Pour the carrier oil over the rosemary, ensuring all leaves are fully submerged.
3. Seal the jar and store it in a warm, dark place for 2-4 weeks, shaking gently every few days to help the infusion.
4. For a faster method, gently heat the rosemary and oil in a double boiler for 1-2 hours on low heat (do not boil).
5. Use a cheesecloth to remove the rosemary leaves, keeping only the infused oil.
6. In a small pot or double boiler, melt the beeswax over low heat.
7. Once melted, slowly mix in the rosemary-infused oil, stirring well.
8. Add essential oils (optional):
9. Stir in peppermint or eucalyptus essential oil for extra pain relief.
10. Transfer the warm mixture into small glass jars or tins.
11. Let it cool completely before sealing the lid.

Use:

Massage a small amount onto sore muscles and joints as needed. Store in a cool, dark place (lasts up to 6 months).

Tip: For a warming version, you can add a pinch of cayenne pepper to the oil during infusion.

St. John's Wort (Hypericum perforated L.)



Short description

St. John's wort is a perennial plant from the Hypericaceae family. It is recognizable by its erect stem, 50 to 80 centimeters high, its small, elliptical leaves dotted with transparent dots (which are actually small glands with essential oil), and its bright yellow flowers with five petals and reddish dots on the edges.

It blooms during the summer, and most often grows in sunny meadows, along the edges of forests and on roads.

To be completely sure when identifying this plant, it is necessary to rub the blossomed flowers between your fingers, which should leave dark red spots on the skin.

St. John's Wort contains several important chemical compounds that contribute to its medicinal properties. Hypericin and hyperforin are the plant's most active substances, known for their antidepressant and antiviral effects. Flavonoids, acting as antioxidants, help the body fight inflammation, while essential oils offer antiseptic and calming benefits.

The plant also contains tannins, which have astringent properties, making them useful in wound healing. In herbal preparations, the flowers and leaves are typically used to create teas, tinctures, oils, and other remedies.

A distinctive feature of St. John's Wort is its appearance when held up to the light - tiny transparent dots (oil glands) on the leaves give the impression of "perforation," which inspired the plant's Latin name, *Hypericum perforatum*. One common preparation is St. John's Wort macerate, which is widely used in skin care for its soothing and regenerative properties.

St. John's Wort is phototoxic and can increase skin sensitivity to sunlight - avoid sun exposure after use. It may interact with medications such as birth control pills, anticoagulants, heart medicines and antidepressants, possibly reducing their effectiveness. Consult a doctor before use, especially if you are on medication. It's best used for short periods with breaks to avoid side effects.

Health Benefits

- Natural antidepressant and anxiolytic

It helps with mild to moderate forms of depression, stress, anxiety and nervousness. St. John's wort is a well-known medicinal plant that is often used in folk medicine to relieve fever, liver and gall bladder problems. However, its effect against depression has been best researched. It improves mood and relieves feelings of fatigue and listlessness. Clinical trials have confirmed the effect of St. John's wort on depressed moods and mild to moderate depression. The antidepressant effect occurs slowly and changes are noticeable after two weeks. In addition to improving mood, St. John's wort reduces feelings of exhaustion, fatigue and listlessness. It is recommended for women in menopause. It can be used against depression as a tea or in the form of extracts and tinctures. The plant is better known for its macerate, popularly known as St. John's wort.

- Improves sleep

It has a calming effect, helps with insomnia and improves sleep quality.

- Helps against pain and inflammation

Relieves pain in rheumatism, sciatica, muscle pain and neuralgia.

It is used to reduce inflammatory conditions in the body.

- Wound healing and skin care

St. John's wort macerate is also known as St. John's wort oil and is one of the essential ingredients of top-quality cosmetic products. St. John's wort macerate is extremely effective on skin damage, so it is used in the treatment of stretch marks, scars, wrinkles, dry and sun-damaged skin. It is used for burns, wounds, bruises, skin irritations and eczema. It soothes irritations and is an essential ingredient in natural herbal preparations for the treatment of nerve and muscle inflammation, rheumatism, inflamed veins and hemorrhoids.



Health Benefits

It is often used as a means of healing wounds and treating various types of skin problems, and is applied topically to painful joints and muscles. Many use it in the preparation of natural preparations for bacterial and fungal infections.

St. John's wort oil is suitable for massages and also helps with pain. It can also be taken orally twice a day, while St. John's wort tea is also extremely useful for back pain caused by tension.

For pinched nerves, two to three drops of St. John's wort oil should be placed in two tablespoons of olive or almond oil and applied to the painful area every three hours.

St. John's wort oil is considered an excellent natural preparation because it successfully soothes a range of symptoms from skin problems such as acne, scars, sunburn, to mild depression, to gynaecological disorders. It helps with scars and skin regeneration.

- Indigestion

It stimulates the secretion of gastric juices and improves digestion. It relieves stomach cramps and bloating.

- Antiviral and antibacterial properties

It helps fight certain viruses, such as herpes.. It also has an antiseptic effect on skin infections and minor wounds.

- Hormonal balance

It is used to relieve symptoms of menopause and premenstrual syndrome (PMS).



ST. JOHN'S WORT TINCTURE

Ingredients:

- 200 g of Fresh flowers and buds of St. John's Wort
- 1 L of 70% alcohol (e.g. vodka or brandy)



This tincture has various applications: it helps relieve anxiety, depression, insomnia, joint and muscle pain, effectively relieves PMS and menopause symptoms.

Instructions:

1. Lightly crush the fresh flowers and buds to help release their active compounds.
2. Fill a sterilised glass jar about $\frac{2}{3}$ full with the plant material.
3. Pour alcohol over the herbs until completely covered.
4. Seal tightly and store in a dark place for 4–6 weeks, shaking occasionally.
5. Strain through cheesecloth or a fine sieve and store the tincture in a dark glass bottle.

Use:

Take 15–30 drops (about $\frac{1}{2}$ tsp) in water or tea, 2–3 times per day. Avoid sunlight after use due to potential photosensitivity.

Note: Do not use alcoholic tinctures if you are taking any medication without first consulting your doctor. St. John's Wort in oral preparations – extreme caution is required, as it interacts with many different medications.

ST. JOHN'S WORT MACERATED OIL

Ingredients:

- 200g of fresh buds, flowers, and optionally leaves of St. John's Wort
- 1 liter of olive oil
- Cheesecloth or cotton wool



Instructions:

1. Let the plant material wilt for a few hours after picking to reduce moisture.
2. Lightly crush the buds and flowers and place them in a clean glass jar, filling it halfway.
3. Pour olive oil over the herbs until fully covered.
4. Cover the jar with cotton wool or breathable fabric and leave in a sunny spot for about 4 weeks.
5. Stir the mixture gently every few days.
6. When the oil turns a rich red color, strain through cheesecloth.
7. Store the finished oil in a dark glass bottle in a cool place.

Use:

Apply externally to affected skin areas. Can also be used for relaxing massages or to ease rheumatic pain.

ST. JOHN'S WORT EMULSION CREAM

Ingredients:

- 10 g phytocream base
- 20 g St. John's Wort macerated oil
- 50 g tea tree hydrosol
- 4 drops of tea tree essential oil
- 4 drops of sea buckthorn essential oil



A light, anti-inflammatory cream for skin irritation, redness, and minor inflammation.

Instructions:

1. Place the fat phase ingredients (phytocream base & St. John's Wort macerated oil) in a heatproof glass.
2. In a separate container, add the water phase (hydrosol).
3. Warm both containers in a water bath to around 60–70°C.
4. Stir the fat phase until the phytocream is fully melted.
5. Slowly pour the warm water phase into the fat phase while stirring vigorously to form the emulsion.
6. At around 50°C, add the essential oils and continue mixing.
7. Once the mixture cools to 40°C, pour it into a clean jar.

Use:

Apply a small amount to clean skin as needed to calm inflammation or irritation.

ST. JOHN'S WORT PSEUDOEMULSION

Ingredients:

- 10 g beeswax
- 60 g St. John's Wort macerated oil
- 30 g tea tree hydrosol
- 4 drops of tea tree essential oil
- 4 drops of sea buckthorn essential oil



A rich, nourishing version of the emulsion, ideal for very dry or damaged skin.

Instructions:

1. Place the fat phase ingredients (beeswax & St. John's Wort macerated oil) in a heatproof glass.
2. In a separate container, add the water phase (hydrosol).
3. Warm both containers in a water bath to around 60–70°C.
4. Stir the fat phase until the beeswax is fully melted.
5. Slowly pour the warm water phase into the fat phase while stirring vigorously to form the emulsion.
6. At around 50°C, add the essential oils and continue mixing.
7. Once the mixture cools to 40°C, pour it into a clean jar.

Use:

Massage gently into affected areas. Great for cracked skin, scars, and deeper tissue relief.

Yarrow (*Achillea millefolium* L.)



Short description

Yarrow, one of the most important medicinal plants, is known for its wide application and numerous health benefits.

This perennial herbaceous plant from the Asteraceae family has an upright, branched stem that is 20 to 80 centimeters high. The leaves are dark green, pinnately divided. Yarrow flowers are small, white or light pink, gathered in umbellate inflorescences. It has a special aromatic scent.

This plant is present throughout Europe and Asia. It grows in meadows, pastures, along roads and on other uncultivated surfaces.

Yarrow is a versatile medicinal plant with a rich chemical composition that contributes to its many healing properties. It contains essential oils such as chamazulene and cineole, known for their anti-inflammatory and antimicrobial effects.

The presence of flavonoids like apigenin and luteolin provides antioxidant support, while tannins help with tissue tightening and wound healing.

Yarrow also contains bitter substances, such as achillein, which can stimulate digestion, along with organic acids and vitamin C (ascorbic acid) to support overall wellness. It has a slightly bitter taste and a pleasant, aromatic scent.

The flowers and leaves are the most commonly used parts of the plant, either fresh or dried, in the preparation of teas, tinctures, oils, and compresses.

Yarrow should be used in moderation, as excessive use may cause stomach irritation, especially in sensitive individuals. People who are allergic to plants in the primrose family (Asteraceae) should avoid using yarrow, as it may trigger allergic reactions.



Health Benefits

- Improves digestion

This medicinal herb stimulates the secretion of gastric juices, reduces bloating and cramps. It promotes digestion and provides relief from inflammation of the stomach lining, abdominal cramps and loss of appetite. Yarrow preparations are used for stomach problems and liver problems.

- Helps to make menstrual problems easier to bear

Yarrow relieves pain and irregularities in the menstrual cycle. It has a positive effect on hormonal rebalancing, contributes to the regulation of the menstrual cycle, and relieves abdominal pain that many women experience during menstruation. It is also useful for heavy menstruation due to its astringent properties.

- Wound healing and anti-inflammatory effect

Yarrow is used to heal wounds, scrapes and cuts faster. It reduces skin inflammation and helps with eczema or rashes. In addition to its healing ability, it is also able to block the flow of blood coming out of cuts, wounds and cracks. Due to its anti-inflammatory properties, the extract is useful for topical application in cases of acne, dermatitis, chapped skin, small wounds and insect bites.

- Improves circulation

It is used to stimulate blood flow and reduce varicose veins. It is an excellent natural remedy for treating bleeding hemorrhoids and varicose veins. Also, due to the high concentration of minerals it contains, yarrow is a good tonic, ideal for supporting the body during the changes of the seasons.

- Regulates blood pressure

Helps with mild elevation of blood pressure.



Health Benefits

- Fights infection

Due to its antiseptic properties, it is used for wound irrigation and disinfection, and also helps with urinary tract and respiratory tract infections.

- Soothes and relaxes

A mild sedative effect makes it useful for insomnia, stress and anxiety, promotes relaxation and relieves anxiety.

Possible uses:

- Yarrow tea: Drink it for digestive problems, menstrual disorders or as a mild sedative. Yarrow is used to stimulate the onset of menstruation. Since it stimulates the work of the muscles of the reproductive system in women, it is not recommended for consumption during any period of pregnancy, so as not to stimulate muscle contractions.

Caution: due to the effects of yarrow, pregnant and breastfeeding women should not consume yarrow tea, but yarrow compresses can be used during breastfeeding.

Namely, yarrow can help with mastitis, breast infections that most often occur in nursing mothers. Since it contains antibacterial and anti-inflammatory properties, a poultice of its leaves can help relieve breast pain. For nursing mothers suffering from mastitis, it is recommended to alternate between cold and warm compresses - cold ones help with pain, while warm ones have a positive effect on circulation.

- Poultices and baths: Used for wounds, rashes, and skin problems.
- Yarrow oil: For massage or treatment of varicose veins and circulatory problems.
- Tincture: Used as a supplement to regulate digestion and boost immunity.



YARROW TINCTURE

Ingredients:

- 200 g of yarrow flowers
- 1 L of 70% alcohol (e.g. vodka or brandy)



Instructions:

1. Chop the yarrow flowers and place them in a glass bottle.
2. Pour over the alcohol and close the bottle.
3. Keep in a warm place for 30 days, shaking occasionally.
4. After 30 days, strain the tincture through cheesecloth and store it in a dark glass bottle.

Use:

For internal use: 20-30 drops in a little water, 2-3 times a day before meals (for digestion, easing menstrual problems, better circulation).

For external use: Dilute with water (1:5) and use to wash wounds or as a compress for burns or skin damage.

Note: Not recommended for pregnant women, nursing mothers and people allergic to plants from the family of yarrow. Do not use alcoholic tinctures if you are taking any medication without first consulting your doctor.

YARROW MACERATE

Ingredients:

- 200 g chopped yarrow (flowers and leaves)
- 1 L olive oil or sunflower oil



Instructions:

1. Put 200 g of chopped yarrow in a liter of olive or sunflower oil.
2. Place in a water bath and cook for about 10 minutes on low heat.
3. Strain.

Use:

The macerate is suitable for external and internal use. It is used for skin care (wounds, eczema, dry skin), for massage (muscle pain, helps with arthritis and varicose veins), and scalp care for dandruff and irritation.

MIXTURE OF TINCTURES FOR VARICOSE VEINS

Ingredients:

Equal parts of the following tinctures:

- Yarrow tincture
- St. John's Wort tincture
- Calendula tincture



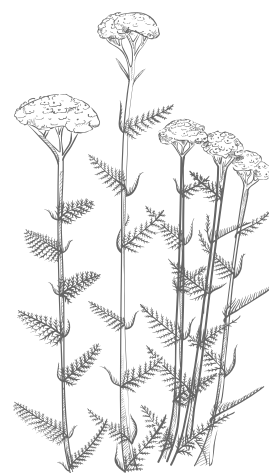
Instructions:

1. Mix the tinctures together in a clean glass bottle.
2. Store in a cool, dark place.

Use:

Use the mixture to rinse or gently rub into areas with visible varicose veins 1–2 times a day.

Note: Do not use alcoholic tinctures if you are taking any medication without first consulting your doctor.



BALM FOR VARICOSE VEINS (TINCTURE-BASED)

Ingredients:

- 100 ml tincture mixture (yarrow, St. John's Wort, calendula)
- 1 kg lanolin (or another neutral ointment base)



A soothing ointment to support circulation and ease swelling or discomfort in varicose veins.

Instructions:

1. Gently melt the lanolin over low heat.
2. Carefully add the tincture mixture (be cautious, as alcohol is flammable).
3. Continue heating until the alcohol has evaporated (no more fumes or smell).
4. Pour the still-warm mixture into clean jars or tins.
5. Let the balm cool and solidify before closing the containers.

Use:

Apply to affected areas 1–2 times daily.

Note: Do not use alcoholic tinctures if you are taking any medication without first consulting your doctor.

BALM FOR VARICOSE VEINS (OIL-BASED)

Ingredients:

- 100 g St. John's Wort macerated oil
- 100 g yarrow macerated oil
- 100 g calendula macerated oil
- 100 g beeswax
- 8 drops cypress essential oil
(venotonic)
- 6 drops atlas cedar essential oil
(lymphatic support)
- 4 drops lemon eucalyptus essential oil
(anti-inflammatory)



A rich, anti-inflammatory balm made from macerated oils and essential oils, ideal for long-term care of varicose veins and skin nourishment.

Instructions:

1. Combine the macerated oils and beeswax in a heatproof container.
2. Melt the mixture gently in a water bath until fully liquefied.
3. Remove from heat and stir in the essential oils.
4. Pour into sterilised jars or tins and allow to cool fully before sealing.

Use:

Massage gently into affected areas once or twice daily to support circulation and relieve discomfort.

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