



# CATALOGUE- 2018



## Italian organic products:

- \* Food flavours
- \* Herbal infusions
- \* Essential oils



## Summary

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## About us

ISIDE s.r.l. was founded in August 2013 thanks to the passion of Simone for plants and that one of Mariagrazia for officinal herbs and, above all, for "potions" that can be created. The company name was not chosen at random but meant to be a dedication to Iside, who belongs to the group of great Mother Goddesses, as fertility goddess who taught agriculture to women in Egypt.

Our fields are our grandparents' fields, that were abandoned for many years and we have decided to give them back "life" in order to link our past to our future.

Our present is the following: 30 hectares of land, cultivated with certified organic method in the towns of Pietradefusi (Avellino) and San Giorgio del Sannio (Benevento). Currently 10 hectares of them are dedicated to aromatic / officinal herbs, and the remaining part to traditional crops (with particular attention paid to ancient cereal grains such as emmer wheat, millet, etc ...), olive trees, a small vineyard, vegetables, several fruit trees and woodlands.

The passion for officinal herbs encourages us to study, attend training courses, interact with specialists and research centers to improve our work performance and our products.

We grow our plants organically as it reflects our way of being and understanding life by respecting what nature can offer us

without forcing the natural course of events even if it means losing some harvests, by trying to develop crop rotation plans in our land in order to get high quality genuine products that are ethically sustainable.

Aromatic/ officinal herbs get transformed in our authorized laboratory in order to extract essential oils, herbal teas and spices; all the products are for food use.

Our products are analyzed by specialized university laboratories. They are natural and 100% organic, GMO free, without additives and chemicals to offer the best safety and quality to consumers.

Our company is a member of F.I.P.P.O (*Italian Federation of Officinal Plants Producers*) and Slow Food as well.

Furthermore it is certified as organic by CODEX s.r.l. (IT BIO 002 EU AGRICOLTURE).

## Our essential oils



- \* Yarrow essential oil
- \* Helichrysum essential oil
- \* Lavender essential oil
- \* Oregano essential oil
- \* Rosemary essential oil
- \* Sage essential oil
- \* Thyme essential oil

Our officinal herbs are cultivated with certified organic methods, do not undergo treatments of any kind and are harvested by hand respecting the right time. After that we use steam distillation of fresh or dried plants depending on the species.

During this process the plant is previously cleaned by insects, material not suitable for distillation and weeds before being placed in a still. The passage of steam, generated by boiling water through the plant material, makes the cell walls more permeable up to rupture and spillage of essence that gets vaporized.

The water vapor / essence mixture is passed through a cooling system to condense the steam, which forms a liquid from which the essential oil and water are then separated. In that way essential oil is extracted and after appropriate chemical analysis is packaged in bottles of 5 ml and 10 ml.

Our essential oils are 100% pure, natural and made exclusively from Italian organic raw materials. They are all for food use and do not contain additives. Therefore they ensure the best quality and safety to consumers.

#### **How to use essential oils:**

- For food: one drop to flavor 100 g / 100 ml of food / beverage.
- For environment: 10 drops in an aroma lamp to diffuse essential oil throughout your room.
- For cosmetics: 15-20 drops in 50 ml of vegetable oil, cream, neutral shampoo and shower gel.

**WARNINGS:** Essential oils must be diluted. If they are swallowed seek medical advice. Avoid contact with eyes and mucous membranes. Keep out of reach of children and away from heat. If pregnant or nursing or you are taking medicine consult your doctor or pharmacist before using the product.



## Yarrow essential oil



*100% pure, natural and complete essential oil coming from  
Italian certified organic farming*

**Quantity:** 5 ml

**Quality features :** *Natural flavoring for foods. It does not  
contain additives*

**Botanical name:** *Achillea millefolium*

**Country of origin:** *Italy*

**Plant Part:** *Flowers*

**Extraction method:** *steam distillation*

**Aromatic note:** *HEART, aromatic and slightly sour smell*

**Benefits and uses:** astringent, anti-inflammatory and hemostatic; it is able to stop different bleeding disorders caused by inflamed gums, heavy periods or hemorrhoids. In addition achilleine would be able to control the pressure swings and restore normal blood circulation. Useful against venous diseases such as varicose veins and hemorrhoids.

Yarrow essential oil is used to deal with small skin problems, arthritis, cystitis, cramps and menopausal disorders. For internal use it is suitable for the treatment of hemorrhoids and many intestinal ulcerative forms such as those ones due to Crohn's disease.

It is well-known for its beneficial effects such as scar healing and tissues repairing. For that reason it is used for the treatment of skin lesions (sores, wounds, inflammations of skin or gums): 1 drop applied locally with cold water wrap.

In case of menstrual pain and irritable bowel it is able to relax smooth muscle and support liver function and digestion. In addition during premenstrual cycle whose symptoms such as irritability, mood swings, fatigue affect some women, the presence of Vitexin gives the plant the rebalancing action of the hormone system. Thanks to the presence of phytohormones it can be used orally to treat female disorders (1 drop diluted in a tablespoon of honey to be taken for 10-20 days) or for massages and for flavoring the environment.

Its use is contraindicated in pregnancy, breast-feeding and in patients receiving treatment with oral anticoagulants, heparin, antiplatelet and / or fibrinolytic.

# Helichrysum essential oil



*100% pure, natural and complete essential oil coming from Italian certified organic farming*

**Quantity:** 5 ml

**Quality features:** Natural flavoring for foods. It does not contain additives

**Botanical name:** *Helicrysum Italicum*

**Country of origin:** Italy

**Plant Part:** Flowers

**Extraction method:** steam distillation

**Aromatic note:** HEART-BASE, sour and woody smell

*Nowadays it is one of the most expensive oils existing in the market due to its very low yield.*

**Benefits and uses:** anti-inflammatory, antifungal, astringent, antihistamine, expectorant and antibacterial properties. Helychrisum flowering tops are used in phytotherapy to treat allergies affecting the airways and skin tissues. Current clinical studies have demonstrated helichrysum benefits in respiratory diseases thanks to the presence of essential oils, flavonoids and triterpenes, elipirone, sitosterol, caffeic acid. Helichrysum supports the elimination of bronchial catarrh, mitigates excessive asthma spasms and allergic inflammations of the nasal mucosa.

For internal use the plant is used to treat rhinitis, conjunctivitis and allergic blepharitis, cough, acute and chronic bronchitis.

For local use (you need to dilute it in a basic vegetable oil before applying it to the skin) the plant is a specific remedy to soothe the skin in case of psoriasis, dermatitis, eczema, herpes of different kind, burns and sunburn, irritation of sensitive skin thanks to its decongestant and protective action. In addition helychrisum has anti edemigenous and analgesic properties as it has strong abilities to lower inflammation and pain, reduces dilated blood vessels, useful in case of hemorrhoids and arthritis. It is able to relieve skin cracking and rash and it can be used to prepare face serums and creams, especially suitable for mature, dry and damaged skin. It can be useful to prevent scars, wrinkles and stretch marks.

It is able to improve digestion, helps us to regulate blood pressure, supports the nervous system, relieves pain caused by arthritis and it is used to protect the body from infections caused by microbes.



# Lavender essential oil



*100% pure, natural and complete essential oil coming from Italian certified organic farming*

**Quantity:** 5 ml

**Quality features:** Natural flavoring for foods. It does not contain additives

**Botanical name:** *Lavandula Angustifolia*

**Country of origin:** Italy

**Plant Part:** Flowering tops

**Extraction method:** steam distillation

**Aromatic note:** HEART, soothing, intensive and floral smell

**Benefits and uses:** antiseptic, disinfectant, vasodilatory, anti-neuralgic, healing, diuretic, soothing, calming, bactericides, analgesic and antidepressant properties. The characteristic smell of lavender is due to the essential oils that are produced by glands localized in all green parts of the plant (flowers, leaves and stems) but particularly concentrated in the flowers.

Lavender essential oil can be used in different ways without any particular contraindication. It has tonic, rebalancing and relaxing properties, especially useful if you are undergoing a lot of physical activity or stress or if you are suffering from anxiety since it may act as a sedative on the nervous system.

It has soothing and calming effects on the skin and can be used alone or in combination with other oils and products. It is able to purify the skin and balance sebum. Therefore it is often used in cosmetics to make lotions and creams for acne and blackheads.

Lavender oil has also strong antiseptic and scar healing properties, ideal for the treatment of cuts, burns and sunburn. It helps against flu due to its antibiotic action. It carries out a mild diuretic action if taken orally and is also an antispasmodic.

It can be used by women who suffer from menstrual pain and heavy bleeding, it also helps them to regulate their cycle.

It has powerful anti-inflammatory properties, therefore it can be used to relieve joint pain and rheumatism. It has beneficial effects on the lymphatic system, improving skin tone as it is useful to reduce water retention.

Lavender is also used to make toning and relaxing baths by putting a few drops of essential oil in hot water.

# Oregano essential oil



*100% pure, natural and complete essential oil coming from  
Italian certified organic farming*

**Quantity:** 5 ml

**Quality features:** Natural flavoring for foods. It does not contain additives

**Botanical name:** *Origanum Vulgare*

**Country of origin:** Italy

**Plant Part:** Flowers

**Extraction method:** steam distillation

**Aromatic note:** BASE; sour and bitter smell



**Benefits and uses:** it has antiviral and anti-inflammatory properties that make it an effective natural antibiotic. It is recommended as a powerful antiseptic in case of infections, asthma and chronic bronchitis. Able to treat digestive problems thanks to its stomachic action that promotes the secretion of gastric juices and digestion. It has carminative properties that help to reduce flatulence and bloating. Useful in case of dermatosis, fungal infections and psoriasis for its healing and germicidal properties. It can be used as an analgesic in case of toothache.

In addition it is used in different ways to treat cooling diseases such as colds, bronchitis and cough.

For local use it can be used to promote healing of skin imperfections such as acne and blackheads. It is also an excellent anti-cellulite if massaged on the parts of body affected by this blemish.

It can relieve itching and eventual redness caused by insect bites.

For external use it can be massaged on the muscles to relieve pain and relax tired muscles.

If rubbed on the scalp it eliminates lice and helps to slow hair loss by stimulating regrowth.

Oregano essential oil has relaxing effects on muscles when added to water in warm baths.

It is an excellent deodorant for environment and helps to get rid of ants and other insects due to its repellent effect.



# Rosemary essential oil



*100% pure, natural and complete essential oil coming from Italian certified organic farming*

**Quantity:** 10 ml

**Quality features:** Natural flavoring for foods. It does not contain additives

**Botanical name:** *Rosmarinus officinalis*

**Country of origin:** Italy

**Plant Part:** Flowering tops

**Extraction method:** steam distillation

**Aromatic note:** HEAD; aromatic and spicy smell

**Benefits and uses:** for internal use it has digestive, antispasmodic and carminative properties. It stimulates diuresis and perspiration, regulates the menstrual cycle, fluidizes the bronchial secretion, soothes convulsive coughs. For external use it is above all a good antiseptic.

It has stimulating effects on the nervous system. If inhaled, it gives energy, supports concentration and improves memory especially in case of intellectual activities under pressure. If used in the morning it carries out a tonic action. It stimulates our emotional parts, gives us courage, strengthens our will.

It has cardiotonic properties as it affects the heart. For this reason it is recommended in case of low blood pressure, weakness and fatigue, even mental.

Rosemary essential oil has purifying effects. With 2-3 drops in half a teaspoon of honey it stimulates biliary drainage and digestion, supports liver detoxification activities.

It is a good natural treatment for cellulitis thanks to its lipolytic action. It stimulates the peripheral circulation and drains the lymphatic system.

It has anti-inflammatory properties. If diluted in almond oil and massaged locally it relieves muscle and joint pains.

It has tonic, antiseptic and cleansing effects on the skin. It is used to treat acne and dark spots. It has become a popular ingredient in many hair care products as it stimulates circulation, promotes oxygenation of tissues and hair regrowth.

## Sage essential oil



*100% pure, natural and complete essential oil coming from Italian certified organic farming*

**Quantity:** 5 ml

**Quality features:** Natural flavoring for foods. It does not contain additives

**Botanical name:** *Salvia Officinalis*

**Country of origin:** Italy

**Plant Part:** Flowers and leaves

**Extraction method:** steam distillation

**Aromatic note:** HEART; sharp and fresh smell



**Benefits and uses:** antiseptic, antibacterial, stimulant, digestive, emmenagogue, expectorant, healing, antispasmodic, antiperspirant, carminative, hypoglycemic. It is used to treat gastrointestinal diseases as it relaxes smooth muscle relaxant thanks to its antispasmodic action. It is useful in case of irritable bowel or menstrual pain. The essential oil of sage is:

Relaxing, if inhaled it gives calm and serenity in case of stress, nervousness, anxiety, fear, paranoia. Excellent support for overcoming midlife and menopause crisis.

Female hormonal system balancing, if diluted in almond oil and massaged on the body it has beneficial effects on disorders due to hormonal imbalance such as cellulitis, premenstrual syndrome, hot flashes of menopause, menstrual pain, amenorrhea, or heavy periods, hair loss.

Expectorant, used to treat chronic bronchitis and cough caused by flu.

Antiperspirant, reduces the excessive secretion of sweat in the hands, armpits, feet and acts as an antibacterial on microorganisms that produce bad smells.

Depurative, 2 drops in a teaspoon of honey to be taken and it has detoxifying effects on the liver and kidneys, also useful for treating intermittent fevers caused by intestinal infections, intoxication and diarrhea.

Skin healing, it has anti-inflammatory and antimicrobial properties, it repairs skin tissue; recommended in case of dermatitis, sores, insect bites, skin ulcers, acne, fungal infections such as candidiasis and mycosis.

# Thyme Essential Oil



*100% pure, natural and complete essential oil coming from Italian certified organic farming*

**Quantity:** 5 ml

**Quality features:** Natural flavoring for foods. It does not contain additives

**Botanical name:** *Thymus Vulgaris*

**Country of origin:** Italy

**Plant Part:** Flowering plant

**Extraction method:** steam distillation

**Aromatic note:** HEART-BASE; aromatic and slightly sour smell

**Benefits and uses:** antiseptic, antibacterial, expectorant. Thyme essential oil is very interesting because of its ability to act against bacterial and viral strains. It is helpful in eliminating the bacteria that cause bad smell in shoes and it carries out antifungal action when applied to wounds.

It has antioxidant properties, for this reason it is used to fight free radicals. It has beneficial effects on cell membranes and it is helpful in treating fungal infections and skin diseases such as acne and candidiasis.

For internal use it has antiseptic properties and can be used as a mouthwash against bacterial growth by treating sore throat, mouth ulcers, stomatitis.

In addition it is a good diuretic antiseptic against urinary tract infections.

It has a powerful balsamic and expectorant action, it can calm the cough and fluidize the mucus. It is used to treat bronchitis, pharyngitis, otitis, sinusitis, tonsillitis and infections. In case of diseases of the respiratory tract it can be diluted in a base oil and applied through massages on the solar plexus area (in correspondence with the diaphragm muscle) and in correspondence of the paranasal sinuses. It can be used in case of stuffy nose to carry out fumigations with boiling water in order to help to relieve congestion.

It is a very aromatic and balsamic oil and can be used to perform relaxing and decontracting massages in combination with vegetable oils such as sweet almond oil.

## Our herbal teas, flavors and spices



Our plants, cultivated with biological method, are harvested by hand and dried in a natural way. After being dried they are selected, cleaned and cut.

Some of our dried products can be used both as flavoring for dishes and as herbal teas.

Making herbal tea allows us to take advantage of officinal herbs by getting beverages that can be drunk hot or cold at different times of day depending on the cases and pathologies that need to be treated.





To prepare the infusion add 1-2 teaspoons of herbal tea for each cup of boiling water, put lids on them and let it steep for 5-10 minutes, then strain, preferably sweeten with honey.





### **Dried products:**

- \* Mediterranean flavoring
- \* Dried oregano
- \* Dried rosemary
- \* Dried sage leaves
- \* Dried thyme

### **Herbal infusions:**

- \* Yarrow tea
- \* Helichrysum tea
- \* Lavender tea

### **“The four elements” - Herbal infusions**

- \* Aromatic herbal tea - ACQUA (Water)
- \* Aromatic herbal tea - ARIA (Air)
- \* Aromatic herbal tea - TERRA (Earth)
- \* Aromatic herbal tea - FUOCO (Fire)

## Mediterranean flavoring



*100% natural and organic Italian product*

**Ingredients:** **Oregano** (*Origanum Vulgare*) flowers and leaves, **Rosemary** (*Rosmarinus Officinalis*) leaves, **Sage** (*Salvia Officinalis*) leaves, **Thyme** (*Thymus Vulgaris*) flowers and leaves

**Origin:** Pietradefusi (AV), Italy

**Net weight:** 25 g

**Features:** suitable for flavoring fish dishes and meat, sauces and traditional dishes. It is the real essence of Mediterranean cuisine.

## Dried oregano



*100% natural and organic Italian product*

**Ingredients:** Organic *Vulgare Origanum* flowers and leaves

**Origin:** Pietradefusi (AV), Italy

**Net weight:** 25 g

**Features:** Oregano is well known for its digestive and aromatic properties. Oregano herbal tea can be helpful in relieving the symptoms of respiratory diseases, indigestion and gastrointestinal disorders according to the folk medicine.

**Benefits and uses:** it is one of the herbs most commonly used in Mediterranean cuisine because of its intense and stimulating scent. In addition oregano has analgesic, antiseptic, antispasmodic, expectorant and tonic properties, improves digestion, reduces intestinal pain and bloating.

Oregano herbal tea is used to treat colds, sore throat, phlegm, cough according to the folk medicine.

It is helpful in treating cellulitis. Mixed with wine it stimulates the digestive system, relieves headaches, intestinal pain and helps in case of colds.

In case of eczema, rashes of allergic origin or impure skin once a week add to your bath water a highly concentrated infusion obtained by putting 50-60 g of oregano in 1 liter of boiling water.

To make an invigorating footbath add to your footbath water 250 ml of infusion obtained with 5 g of oregano.

Oregano is emmenagogue. It means that it promotes the menstrual cycle. For this reason it cannot be used during pregnancy.



## Dried rosemary



*100% natural and organic Italian product*

**Ingredients:** Organic *Rosmarinus Officinalis* leaves

**Origin:** Pietradefusi (AV), Italy

**Net weight:** 25 g

**Features:** Rosemary was widely used in ancient times for its beneficial effects. It has stimulating and energizing properties and detoxifying effects on the liver.

**Benefits and uses:** Rosemary tea has many beneficial effects.

Not only the respiratory system benefits from its use thanks to its balsamic properties but also metabolic conditions such as diabetes. According to what the researchers at University of Illinois (USA) suggest, rosemary would reduce concentrations of glucose in the blood.

The strong presence of antioxidants is also associated with a good opposition activity against some types of cancer.

In addition it produces a less skin aging and reduces white hair and hair loss.

Rosemary tea consumption helps the liver to remove toxins.

Some recent studies carried out by researchers at Northumbria University in Newcastle (UK) and Saint Louis University School of Medicine (USA) have shown that rosemary has the ability to stimulate memory and helps prevent Alzheimer's disease.

## Dried sage leaves



*100% natural and organic Italian product*

**Ingredients:** Organic *Salvia Officinalis* leaves

**Origin:** Pietradefusi (AV), Italy

**Net weight:** 10 g

**Features:** *Salvia Officinalis*' name comes from Latin words "salus salvus" that mean healthy with regard to its beneficial effects. Sage is not only a perfect flavoring but also it is used to make tea for its bitter and tonic qualities, diuretic, digestive, balsamic and hypoglycemic properties.

**Benefits and uses:** thanks to the presence of antioxidants such as flavonoids, tannins and several vitamins, including vitamin A, vitamin C and some vitamins B drinking sage tea or infusion regularly is useful for fighting free radicals in order to reduce the negative effects on the skin, heart and brain.

Sage has the ability to improve memory and brain function; it is an excellent antiseptic to disinfect the oral cavity; it is a great antioxidant and anti-inflammatory; it soothes sore throat, helps maintain the health of teeth and freshens breath, reduces menopausal symptoms; relieves indigestion; lowers cholesterol levels; alleviates the symptoms of asthma.

Sage tea is not recommended for use in pregnant women, nursing mothers, people suffering from epileptic seizures and those who previously had allergic reactions to plants belonging to the mint family.



## Dried thyme



*100% natural and organic Italian product*

**Ingredients:** Organic *Thymus Vulgaris* flowers and leaves

**Origin:** Pietradefusi (AV), Italy

**Net weight:** 25 g

**Features:** thyme is an aromatic plant used to flavor dishes. Its use dates back to ancient times for its aromatic and therapeutic qualities. Thyme infusion can be useful in case of cough, colds thanks to its balsamic and expectorant properties.

**Benefits and uses:** thyme infusion is useful for treating colds, cough, asthma and bronchitis thanks to its balsamic and expectorant properties. Thyme is a natural disinfectant and antibacterial.

Thyme infusion is particularly suitable for treating bloating and aerophagia due to indigestion.

It is used to make a natural mouthwash suitable for rinsing and gargling in case of bad breath or sore throat.

Thyme infusion is also used in foot bath in order to alleviate tiredness and fatigue.

Cold infusion is also an excellent remedy to be used as a final rinse in case of weak hair to reinforce them.

About the use of thyme in cuisines it is very appreciated for its organoleptic qualities and digestive effect. It is in different blends of spices such as the famous herbs of Provence, zahtar that is a jordanian mixture in which thyme is the main spice and dukkha Egypt in which it is combined with cumin and coriander.

## Yarrow tea



*100% natural and organic Italian product*

**Ingredients:** Organic *Achillea Millefolium* flowers

**Origin:** Pietradefusi (AV), Italy

**Net weight:** 15 g

**Features:** yarrow has been known for thousands of years and is considered one of the most valuable plants to alleviate female disorders related to the menstrual cycle and menopause. Thanks to its aromatic flavor, slightly bitter, it gives relief after meals.

**Benefits and uses:** Achillea flowers are used to make tea or infusion for its stomachic, antispasmodic, tonic, cholagogue, choleric, astringent and healing properties. In folk medicine yarrow is used to make herbal tea as an antispasmodic and specific anti-inflammatory for the digestive tract.

Yarrow tea is one of the most effective and beneficial to health as it has astringent and antibacterial properties useful to regulate upset stomach and remove toxins from the blood.

Nowadays it is commonly used to relieve vaginal inflammation and menstrual pain.

In addition it supports the elimination of fluid and helps to fight cellulitis.

It has many beneficial effects in case of digestive problems, irritation, heartburn, hemorrhoids, nosebleeds, loss of appetite, dysmenorrhea.

Achillea Millefolium is not recommended for use in pregnant women, nursing mothers and patients receiving treatment with oral anticoagulants, heparin, antiplatelet and / or fibrinolytic.



## Helichrysum tea



*100% natural and organic Italian product*

**Ingredients:** Organic *Helichrysum Italicum* flowers

**Origin:** Pietradefusi (AV), Italy

**Net weight:** 15 g

**Features:** very intense aromatic smell that reminds us of licorice. Helichrysum is a plant known since ancient times and used mainly for its anti-inflammatory and antihistamine properties.

**Benefits and uses:** it is used for internal use as an infusion in order to calm excessive cough (pertussis), support the removal of bronchial catarrh, stop asthmatic spasms and soothe allergic irritation of the mucous membranes.

It is anti-bacterial, anti-inflammatory, antifungal and decongestant.

Helichrysum is a natural antihistamine useful to alleviate allergic reactions. It is necessary to drink at least two cups a day and begin at least two weeks before the allergy season so that the tea can be effective.

Helichrysum tea / infusion and dye are also used to treat eczema, dermatitis, psoriasis, sunburn, phlebitis, edema, wounds, scars, sores, hemorrhoids.

It is helpful in fighting neuralgia, neuritis, arthritis, polyarthritis, osteoarthritis, liver failure and congestion, cholecystitis, pancreatic disorders.

You can make compresses in case of irritated and inflamed skin, chilblains, hemorrhoids as they are useful to reactivate blood circulation. Therefore they are very effective in case of cold hands and feet.

About the use of helichrysum in cuisines its leaves provide a soft curry flavor.

## Lavender tea



*100% natural and organic Italian product*

**Ingredients:** Organic *Lavandula Angustifolia* flowers

**Origin:** Pietradefusi (AV), Italy

**Net weight:** 25 g

**Features:** lavender is appreciated since ancient times for its soothing properties. It releases delicate and pleasant aroma and fragrance by giving us a feeling of calm and well being.

**Benefits and uses:** lavender tea has flavoring, digestive, cholagogue, choleric, eupeptic, antibacterial, sedative, carminative, antispasmodic and balsamic properties.

Lavender tea/infusion is an excellent remedy for anxiety, stress, nervousness and especially insomnia.

It performs carminative functions by having digestive properties and being used as a natural remedy against flatulence and inappetence.

Mouth rinses with lavender infusion have a disinfectant action and freshen breath.

Lavender is useful for calming pain in general but especially that one caused by the menstrual cycle.

The inhalations with lavender infusion soothe colds, cough and have a positive effect on people with respiratory problems.

Lavender infusion is used to wash greasy hair.

About the use of lavender in cuisines it is a great flavoring ingredient for biscuits, creams, ice creams, cakes and cupcakes.

In Provence the lavender sprigs are used along with other herbs such as sage and rosemary to flavor meat.



## Aromatic herbal tea - ACQUA (Water)



*100% natural and organic Italian product*

**Ingredients:** Oregano (*Origanum Vulgare*) flowers and leaves, Yarrow (*Achillea Millefolium*) flowers, Sage (*Salvia Officinalis*) leaves, Rosemary (*Rosmarinus Officinalis*) leaves

**Origin:** Pietradefusi (AV), Italy

**Net weight:** 20 g

**Features:** this infusion is dedicated to Water, liquid par excellence. Thanks to the natural diuretic properties of the herbs of which it is composed it helps get rid of fluid buildup by purifying the body.

## Aromatic herbal tea - ARIA (Air)



*100% natural and organic Italian product*

**Ingredients:** *Helicrysum* (*Helicrysum Italicum*) flowers, **Sage** (*Salvia Officinalis*) flowers and leaves, **Thyme** (*Thymus Vulgaris*) flowers and leaves, **Mallow** (*Malva Sylvestris*) flowers and leaves

**Origin:** Pietradefusi (AV), Italy

**Net weight:** 20 g

**Features:** this infusion is dedicated to Air, the vital energy associated with the breath. Thanks to the natural mucolytic and decongestant properties of the herbs of which it is composed it relieves cough and disorders coming from the presence of mucus in the airways.



## Aromatic herbal tea – TERRA (Earth)



*100% natural and organic Italian product*

**Ingredients:** **Lavender** (*Lavandula Angustifolia*) flowers, **Yarrow** (*Achillea Millefolium*) flowers, **Sage** (*Salvia Officinalis*) flowers and leaves, **Marigold** (*Calendula Officinalis*) flowers

**Origin:** Pietradefusi (AV), Italy

**Net weight:** 20 g

**Features:** this infusion is dedicated to Earth, the Great Mother. Thanks to the natural properties of the herbs of which it is composed it relieves menstrual cycle and menopause disorders by giving a feeling of well-being and general relaxation.

## Aromatic herbal tea- FUOCO (Fire)



*100% natural and organic Italian product*

**Ingredients:** Oregano (*Origanum Vulgare*) flowers and leaves, Yarrow (*Achillea Millefolium*) flowers, Thyme (*Thymus Vulgaris*) flowers and leaves, Lemon balm (*Melissa Officinalis*) leaves

**Origin:** Pietradefusi (AV), Italy

**Net weight:** 20 gr

**Features:** this infusion is dedicated to Sacred Fire, source of energy. Thanks to the natural properties of the herbs of which it is composed it helps digestion by avoiding heartburn, reflux and swelling.



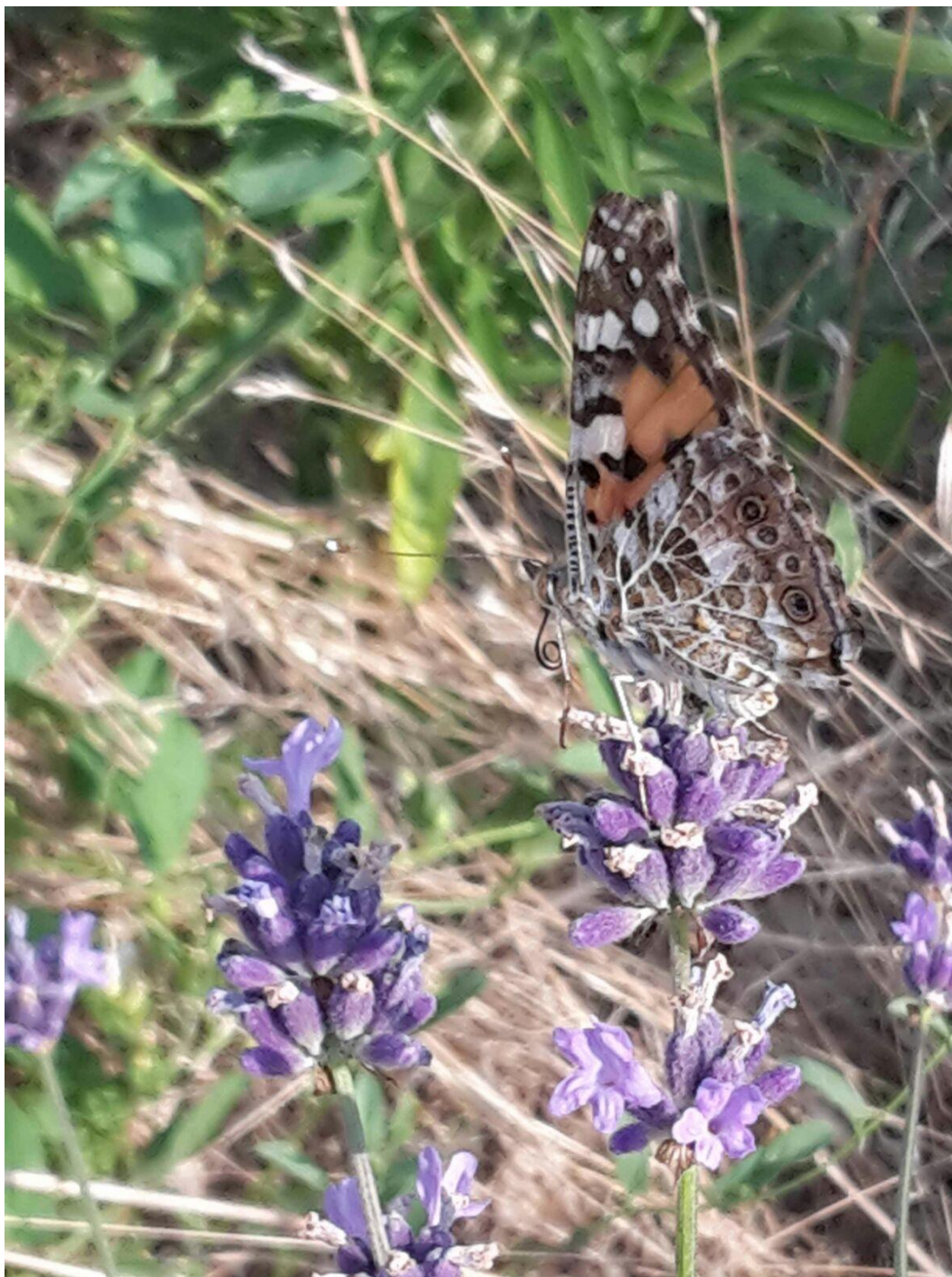


*Laboratory, c/da Vertecchia-Pietradefusi (AV)*



*Achillea millefolium*- detail





*Lavandula angustifolia*(o lavanda vera o lavanda officinale)- detail





### Contacts

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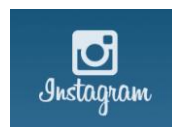
*Fields and Lab address:* C/da Vertecchia n. 7, 83030  
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