

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.