



LUXURY OF FREEDOM

## Benefits of Lemon Verbena



Lemon verbena comes from South America, and it is been widely used because of the lemon-like aroma from its leaves and flowers, but some people forget that it has also medicinal properties.

### Have better digestions and foght bad breath

Lemon verbena helps to digest if you have a weak or nervous stomach, improving the tonic function and avoiding spasm and dyspepsia. Also, thanks to its content in borneol and limonene it's really good for stomach ache, and in addition, it's very useful to expel the gases of the digestive tract, avoiding flatulence and aerophagia. Furthermore, thanks to its essences, you can use it to carry out mouthwashes with the infusion of a spoonful of leaves and dry flowers for each cup of water.

### Take care of your respiratory system

The infusion of a spoonful of leaves and dry flowers are beneficial for the affections of the respiratory system, also is a good expectorant, releasing us from mucous accumulation. And also is good to combat cough.

### Relax....

The infusion of this herb is really good to relax and to strengthen the nerves, also you can use the same infusion into a bath for the best relaxing time!

## Lemon Verbena tea

Just grab some lemon verbena leafs from our herbal plantation and boil them, you can add also some mint to get a plus pleasure. And relax.