

WINTERGREEN

Gaultheria procumbens

Aromatic molecules :methyl salicylate

Distilled organ :leaf

This climbing subshrub, 15 cm tall, carries white to light pink flowers found near the leaf base. The persistent, finely dentate leaves are found at the end of stiff stems. Canadian wintergreen thrives on acidic, sandy woods and swampland and bears scarlet berries from October to March.

Traditionally known for its properties :

• analgesic, vulnerary • antispasmodic • anti-rheumatic • hepatic cell stimulant • antitussive • anti-inflammatory.

EXTERNAL USE

Professional advice

- external - always dilute : 3 drops CTEO + 3 drops apricot kernel or hazelnut oil, rubbed, 3 times a day.

++++ Highly recommended - (!) Use with caution

Oral use	Use on skin	Air diffusion
-	++++ (!)	-

Useful information

external administration possible in dilution in a vegetable oil such as apricot kernel, sesame, hazelnut, etc, not recommended for children under 6 years, not recommended for pregnant women, skin irritation (dermocaustic) possible if used pure.

Traditional indications

- tendinitis, arthritis, rheumatism, arthrosis +++
- muscle cramps and contractures+++
- arteriosclerosis, hypertension, coronaritis +++
- hepatic fatigue ++
- spasms of all aetiologies++
- headaches +++

Special precautions

- keep out of reach of young children
- does not replace a balanced diet and a healthy lifestyle
- do not exceed the recommended dose
- unless medical or pharmaceutical advice, not to use during the pregnancy and breast feeding and in the child of less than 3 years
- keep out of heat and light

PRANARŌM 
aromatherapy

Aromatherapy and information about it should never be used to replace a doctor's visit.

Importer Aromax: www.aromax.fi