

# Lemon verbena

**SKU:** 32000.100.121

**Main category:** Floral water

## Description

Sage hydrosol Psycho-emotional Emotional harmonizer Therapeutic properties Hormonal regulator, mucolytic, expectorant, disinfectant Indications Menstrual syndrome, menopause, hot flashes, insomnia of menopause Sore throat, mouth ulcers, oral infections Internal use: Take 1 tsp per glass or 1 tbsp for 1 liter of water. Can also be used in cooking, baking and even to make cocktails. External use: oily, combination, mature skin (antioxidants) Soak a cotton pad and pass it over your face morning and evening. You can also use it as a compress or spray it as a fine mist, depending on your needs. 200ml

Sheet generated on