

# NÁTTÚRA ÍSLANDS

Flóra



## Plants have been used for centuries to

- Heal physical injuries
- Treat illness and diseases
- Nourish us
- Decorate our backyard
- Parfum our life

A knowledge that slowly disappeared over the years, but it is slowly coming back in trend. Here we will present you three of our favorite Icelandic plants!

Rhodiola Rosea



Angelica Archangelica



Yarrow



# Rhodiola Rosea

- - It is regarded as a potent anti-aging medicine.
- A powerful adaptogen that improves the body's response to stress.
- It increases stamina.
- It decreases fatigue.
- It has also been proven to treat anxiety.
- Good against mild depression.
- It eases mental confusion.
- They also call it natural viagra of the north as it has been known to boost the libido.

# Angelica Archangelica

- **MEDICINE**

- boost for immune system
- it is use to cure digestive and as well as bronchial problems and sore throat
- good for skin problems like for example psoriasis and acne
- relieve insomnia, nervous headaches, fevers
- helps in wound healing

- **CULINARY:** All parts of the herb can be used: stalks, roots, leaves and seeds, all can be used fresh, cooked or dried. Can be used in soups, bread, tea and as a condiment in alcohol, as a spice.

# Yarrow / Achillea Millefolium

- used for internal and external medicine
- treatment for unregular and painful periods.
- It lowers blood pressure and helps with irritation due to menopause.
- helps in wound healing

# Fascinating plants world!

Hikes and other outdoor activities are perfect to learn more about nature and how rich it is. We encourage you to discover fascinating plants world and learn how we can use plants to support treatments or simply in our kitchens. Enjoy!

Andrea, Elsa, Olga