Medicinal values of plants

*Lavandula angustifolia*

*Lavender*

A fragrant herb with narrow gray-green leaves and purple flowers.

Lavender oil is used for its calming properties and to promote relaxation.

Panax ginseng

*Asian Ginseng*

A perennial plant with fleshy roots and green leaves.

Ginseng is used in traditional medicine to improve stamina, cognitive function, and immunity.

*Aloe vera*

*Aloe*

A succulent plant with thick, fleshy leaves containing gel-like sap.

Aloe vera gel is used topically to soothe burns, cuts, and skin irritations.

*Matricaria chamomilla*

*Chamomile*

A daisy-like herb with feathery leaves and small white flower.

Chamomile tea is used for its calming effects and to aid digestion.

*Melissa officinalis*

*Lemon Balm*

A member of the mint family with lemon-scented leaves.

Lemon balm is used to reduce stress and anxiety.

*Ginkgo biloba*

*Ginkgo*

A large tree with distinctive fan-shaped leaves.

Ginkgo is used to improve memory and cognitive function.

*Camellia sinensis*

*Tea Plant*

Evergreen shrub with glossy green leaves and white flowers.

Tea leaves contain antioxidants and are used to promote heart health and boost metabolism*.*

*Hypericum perforatum*

*St. John's Wort*

Yellow-flowering herb with perforated leaves.

St. John's Wort is used to treat mild to moderate depression*.*

*Salvia officinalis*

*Sage*

Woody-stemmed herb with gray-green leaves.

Sage is used to improve memory and soothe sore throats.

*Arctium lappa*

*Burdock*

Biennial plant with large, heart-shaped leaves and purple flowers.

Burdock root is used to detoxify the blood and improve skin conditions.

*Valeriana officinalis*

*Valerian*

Perennial flowering plant with sweetly scented pink or whitse flowers.

Valerian is used as a natural remedy for insomnia and anxiety.