

Castellanos Herbs Ltd

PRODUCTS

HERBAL PROPERTIES

Herbs for Tea

Wild olive: Help in cases of hypertension – diabetes and cholesterol. It combines also with other herbs

Taraxacum officinale: Digestive, tonic, diuretic, diabetes, cholesterol

Wild rose: Rose buds and petals. Tonic for the nervous system – relieves headaches and dizziness – mild laxative – reduces high cholesterol levels.

Lemon verbena: Digestive and sedative properties – a tonic for the nervous system – aids in the treatments of depression and melancholia – relieves nausea, vomiting and the feeling of bloatedness – for slimming diets (helps metabolism)

Achillea: Helps gastro enterical system – detoxifying – relieves – menopause – symptoms and period – pain – constipation – colitis – flatulence

Basil: Stimulates vitality – aids the memory – for melancholia and stress – assists in stabilizing blood sugar levels – lowers blood pressure and cholesterol levels – anti-inflammatory properties – for colds, cough and fever – relives nervous tension related headaches

Thistle Silibum: Cardio tonic-diuretic, haemostatic detoxifying properties. Helps in diseases of liver, fever, stones of bile, uric acid, arthritic, weakness

Geranium: General tonic-cardio tonic. Helps to reduce high blood pressure Cholesterol and sugar levels

Pimpinella Anisum: Spasmolytic properties, indigestion, bloatedness, kidney stones, bladder problems

Rosemary: Invigorating tonic properties – for fatigue and overwork – improves concentration and aids the memory – stimulates circulation of the blood – relive stress – for pre-menstrual tension headaches and migraines

Dictamos: Invigorating qualities – antiseptic and healing properties – a tonic and sedative to the peptic system – for hepatic disorders – headaches – neuralgia – a natural aphrodisiac

Satureja: Relieves stomach pains – indigestion – diarrhea – toothache – sore throat – insomnia – dizziness – a natural aphrodisiac

Thyme: Strong antiseptic and antifungal properties - improves concentration and aids the memory - anti-ageing properties - calms bronchitis - relieves general cold and flu symptoms

Marigold: Soothing - antiseptic - healing - detoxifying for digestive infections - gastritis - peptic ulcers - colitis

Coriander: Analgesic, aphrodisiac, antispasmodic, detoxifying, antiseptic, fat burner, refreshing, helps to combat stress and migraines, arthritis and the muscle pain and colds. Mainly used in processes involving love and romance. It also has protective properties and is said to ensure the immortality of the soul.

Lavender: A tonic for nervous disorders - for tension related headaches - relieves colic pain - aids digestion

Marjoram: Invigorating tonic properties - digestive and diuretic qualities - lowers blood pressure and sugar levels - relieves anxiety and headaches - for insomnia

Fennel: Diuretic - aids digestion - relieves bloating - helps in the treatment of kidney stones - take as an aid to weight loss and constipation - safe for children

Lemon balm: Invigorates the body and the spirit - a relaxant and tonic for nervous disorders, peptic complaints and the heart - relieves colic pain - for tension related headaches - for anxiety and depression - digestive and sedative qualities

Mentha Piperita: Excellent digestive properties - relieves stomach and spasms of the large colon - headaches and migraines related to a weak digestive system - a natural aphrodisiac

Malva Silvestris: Antitussive, cystitis, inflammations, skin ulcerations

Hawthorn (flowers-berries): Supports the heart and circulation of blood - relaxant and antioxidant - increases vitality - aids arteriosclerosis - improves poor memory - (berries) help in the treatment of irregular heart beat conditions - (flowers and leaves) lower blood pressure

Bergamot: Antiseptic and anti-fungal qualities - strengthens the immune system - relieves nausea, vomiting and menstrual pain - aids depression and insomnia - for the treatment of general cold symptoms, bronchial complaints and sore throats

Oregano: Strong antibiotic and antiseptic properties - stimulates the appetite - digestive qualities - for tonsillitis, coughing and asthma - relieves stomach pains

Sideritis perfoliata: Rich in iron - aids anemia - calms bronchitis and coughing - helps with cold and flu symptoms (particularly chest infections) - digestive and sedative properties - diuretic - detoxifying

Rosa Gallica (Triantafyllo): Antidepressant, anti-inflammatory, digestive, anxiety, constipation

Nettle (*Urtica dioica*): Cleansing – diuretic – detoxifying – lowers blood sugar levels – for anemia – arthritic and rheumatic conditions

St. John's wort: Helps with peptic complaints – peptic ulcers – gastritis – depression – insomnia – menopausal problems – period pain

Hyssop: Calming qualities – strong expectorant – sedative properties – aids poor digestion stimulates the appetite – relieves bronchial complaints and asthma – for trapped wind and feeling of bloatedness

Salvia fruticosa (Sage): For physical and mental fatigue – a relaxant and tonic for nervous disorders and peptic complaints – aids digestion – supports estrogen levels during menopause – antiseptic gargle for sore throats, infected gums and mouth ulcers reduces sweating

Herbs for cooking

Oregano: Strong antibiotic and antiseptic properties – stimulates the appetite – digestive qualities – for tonsillitis, coughing and asthma – relieves stomach pains

Thyme: Strong antiseptic and antifungal properties – improves concentration and aids the memory – anti-ageing properties – calms bronchitis – relieves general cold and flu symptoms

Basil: Stimulates vitality – aids the memory – for melancholia and stress – assists in stabilizing blood sugar levels – lowers blood pressure and cholesterol levels – anti-inflammatory properties – for colds, cough and fever – relieves nervous tension related headaches

Rosemary: Invigorating tonic properties – for fatigue and overwork – improves concentration and aids the memory – stimulates circulation of the blood – relieves stress – for pre-menstrual tension headaches and migraines

Bay Leaves: They are used in soups, stews, meat, seafood and vegetable dishes.

Marjoram: Invigorating tonic properties – digestive and diuretic qualities – lowers blood pressure and sugar levels – relieves anxiety and headaches – for insomnia

Spearmint: Excellent digestive properties – relieves stomach and spasms of the large colon – for headaches and migraines related to a weak digestive system – a natural aphrodisiac

Mixed herbs for Cooking: Herbs: Oregano-Basil-marjoram-thyme
Suggesting uses: Salads-sauces-casseroles-grill-barbecue and pizza

Salt: Salt of sea, oregano, spearmint, thyme, marjoram, hot pepper, rosemary

Mixtures

Detoxification: Improves the body's ability to remove toxins

Herbs used: Calendula - Achillea - nettle - Satureja - taraxaco leaf and root - lemon verbena - mentha longifolia

Arthritis: Helps arthritis & rheumatism

Herbs used: Achillea - satureja - St John's wort - rosemary - tanaceto - elder - basil - sage - coriander - fennel - olive leaves - angelica

Diabetes: Helps to reduce high sugar levels

Herbs used : nettle - geranium - melissa fennel - basil - taraxaco - sage - marjorana

Constipation: Supports peptic system - helps with constipation

Herbs used: rose hips - peppermint - rose petals - lavender - dictamus - fennel and aniseed - chamomile - Melissa - geranium - athaea

Menopause: Helps with menopausal and menstrual problems - Pre-menstrual tension

Herbs used: Basil - Achillea - agnus castus - marjoram - Saint John's wort

Pleasure time: For those special moments - tonic and aphrodisiac

Herbs used: nettle - dictamus - Rosemary - mints - satureja - green tea - jasmine - cardamom

Cold & flu: Relieves general cold and flu symptoms

Herbs used: Hyssop - Sideritis - sage - peppermint - spearmint - chamomile - oregano - thyme

Mixed herbs for Cooking: Suggesting uses: Salads - sauces - casseroles - grill - barbecue and pizza

Herbs used: Oregano - Basil - marjoram - thyme

Urinary infections: Supports urinary system and kidneys

Herbs used: Nettle - artichoke - fennel seed - equizeto - satureja - Melissa - taraxaco root and leaf

Headaches and Migraine: Relieves headaches & migraine

Herbs used: Lavender - hyssop - hypericum - peppermint - spearmint - marjoram - rosemary - Melissa

Prostates: Supports urinary system

Herbs used: equizeto - zea may - Dictamos - hyssop - nettle - taraxaco root - fennel seed

Mouth wash: Use for mouth ulcers - sore throat - infected gums - loose teeth - bad breath. 1 tsp herb for a cup of water, boil for 3-5 minutes - allow to cool and strain
Store in a covered jug in a refrigerator for up to 3 days

Herbs used: sage - thyme - mint - elder - oregano - chamomile - cinnamon - glove

High blood pressure: Supports circulatory system - Helps to reduce high cholesterol levels and high blood pressure

Herbs used: taraxaco - tilio - grataegus - lemon verbena - satureja - basil - Melissa - rosemary - nettle - wild olive leaves

Flatulence: Helps gastro enterical system - Colitis - flatulence

Herbs used: Satureja - chamomile - calendula - fennel - equizeto - dictamus - hyssop - peppermint - hypericum - Achillea - coriander

Low iron: It increases iron in the blood - suitable for anemia, weakness

Herbs used: Sideritis - rose hips - Rosa damascina - salvia - thyme - oregano

Lose weight: Helps those are on slimming diets

Herbs used: lemon verbena - chamomile - Melissa - Sideritis - fennel seed - rose petals - nettle - taraxaco - Artemisia

Cholesterol: Supports circulatory system - helps to reduce high cholesterol levels

Herbs used: grataegus flower and berries - lemon verbena - rosemary - basil - Melissa - tilia

Speciality teas

Afternoon tea: Delicious tea with lemon

Herbs used: Melissa - Lemon Verbena - Rose geranium

Celebration tea: A special tea with taste and flavor

Herbs used: Roses - lemon verbena - Melissa - peppermint - spearmint - rose geranium - bergamot peel - cinnamon - glove

Night time tea: Calming and soothing - promotes good sleep

Herbs used: Lavandula - Marjoram - Basilicum - Melissa

Morning time tea: Aromatic tea to start the day

Herbs used: Mountain tea - Melissa - Fennel seed

After dinner tea: Aids digestion - refreshes the breath

Herbs used: Mentha Piperita - Mentha Viridis - Dictamus - Salvia fruticosa

Essential Oils & Others

Lavender Essential Oil: Massage for relax, headaches

Hypericum Oil: Calming and healing properties

St John's wort oil: For ear, gum and skin infections

Rose water: Used as an ingredient in several homemade sweets

Bay Laurel oil for hair: Used for skin and hair care

Gifts

Cooking Tower: A beautiful gift, a collection of different herbs used in Mediterranean cuisine, including:

- Rosemary or bay leaves
- Oregano
- Thyme
- Mixed herbs for cooking
- Herbal Salt

Lavender sachets (10gr-20gr): Used inside the drawers and cabinets leaving linens a fresh, clean scent. They can also be used in suitcases or in the car to keep away unpleasant odors.

Teapot with herb: Available in various colours with or without herb of your choice.

Two herb package: A practical gift that can give to someone. You select two kinds of tea of your choice!

We can make Christmas and Easter gifts and also gifts for conferences, hotels etc.

We prepared gifts for:

- Conferences / Sessions
 - Cyprus Presidency of the Council of the European Union, 1st July - 31st December 2012
 - European Conference of Presidents of Parliament, 10 - 12 June 2010
- Organizations
 - Cyprus Chamber of Commerce and Industry (C.C.C.I)
 - Cyprus Tourism Organization (C.T.O)

In our gifts we include traditional Cypriot products such as sweets, Commandaria or woven from the Cyprus Handicraft Service

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