

Yarra Valley Body Balms

HEALING QUALITIES OF BUSH MINT – Clinopodium Viminum

Native to Australia, this plant is characterised by its bushy appearance and aromatic leaves, thriving in various environments, especially woodland areas. It is known to be beneficial in all aspects of life, from aromatherapy to skincare, haircare and particularly cleaning.

Bush Mint carries a refreshingly *bright, minty, and eucalyptus-like aroma* that is delightfully redolent of our Australian bush. Not to mention, it is rich in essential oil benefits, as explained below:

- When infused, Bush Mint works to fight colds and ease headaches.
- The plant has noted antibacterial and antifungal properties, making it an effective cleaning agent.
- Because of its refreshing and purifying essence, Bush Mint makes a highly effective natural air freshener. Put some cuttings in a glass of water in any room to clear the air.
- Bush Mint is also prized for its carminative qualities and is commonly used as a natural de-stressor.

Mint blends well with a variety of other herbs, to create a soothing and uplifting combination that will promote concentration and alertness. I blend Bush Mint with Eucalyptus, to create my Bush Balm; nature's vapour rub that can be used for the treatment of a variety of skin issues, and to treat vital colds, coughs, nasal and chest congestion.

Bush Mint Therapeutic Properties:

Anti-anxiety, Antibacterial, Anti-fungal, Respiratory Aid, Immune Support, Relaxant, Antiseptic.

Bush Mint General Uses:

Aromatherapy, Clearing, Cleaning, Health Support, Refreshing.

Bush Mint Emotional Benefits:

Balancing, Soothing, Uplifting, Clearing.

Bush Mint Blends Well With:

Basil, Eucalyptus, Lemon & Mandarin.