



Story of Dalmatian

AROMATIC AND MEDICAL HERBS

Striving to resolve our health issues, we sometimes forget that the nature already gave us everything we may need to be healthy. Free natural medicaments are literally at arm's reach. Medicinal herbs with high levels of essential oils grow freely in the region of Dalmatia. Their natural products are used by Cornaro Hotel's health professionals in the Wellness area.

Lavender – Mostly used for the production of lavender oil which is used as an antiseptic and in aromatherapy. Lavender plant in Dalmatia is known for its heavenly scent. Its oils have a profound effect on the human body and nervous system. Lavender has antiseptic and anti-inflammatory qualities and can help soothe anxiety and stress. The most popular is lavender from the island of Hvar, the island you may visit by boat tour. If you're visiting Hvar during August, go to the village of Velo Grablje to experience a true lavender event – The Lavender Festival!

Sage (*Salvia officinalis*) – This perennial evergreen herb is found throughout the Mediterranean region and, like many other herbs used for essential oils, has been used both culinarily and medicinally for centuries. Sage is truly a storied herb, with so many purported traditional benefits that it bordered on the miraculous. Sage has a reputation as a traditional herbal remedy which is hard to rival. As an essential oil for aromatherapy, sage oil has a warm, camphoraceous aroma that's balancing, soothing and normalizing.

Hyssop (*Hyssopus officinalis*) – A perennial herb native to the Mediterranean region, hyssop has long been associated with purity and purification, especially for religious purposes. Considered a holy herb in some cultures, it was used to cleanse sacred sites and was hung around homes to protect from evil spirits. As an essential oil for aromatherapy, hyssop has a sweet, herbaceous aroma that's clarifying, refreshing and purifying.





Lime Oil (*Citrus aurantifolia*) – The history and use of limes has many similarities to that of lemons. Believed to have originated in Southeast Asia, limes were introduced to the Mediterranean region and Europe by Arab traders sometime during the 10th century. For aromatherapy purposes, lime oil has a sweet, citrusy aroma that’s uplifting, refreshing and elating.

Oregano (*Origanum vulgare*) – One of the world’s most popular culinary herbs, oregano is a staple of Italian-American cuisine but is also used extensively in Mediterranean and Latin American cuisines. Oregano was believed to bring about good luck and to protect individual health and well-being. As an essential oil for aromatherapy, oregano oil has a spicy, camphoraceous aroma that’s comforting and invigorating.

Calendula officinalis for long - also known as the “Pot Marigold” — is a plant within the family Asteraceae. It is native to the Mediterranean region of Europe. The flower is widely used as a medicinal plant whose antibacterial, antifungal, and anti-inflammatory properties make it a strong ingredient for healing. In addition to using whole petals, Calendula flowers can be ground into powder or made into oils, creams, and ointments. The FDA has approved calendula for use as a spice and as an ingredient in cosmetics, soaps and shampoos, body creams, and wound treatment, both internally and topically.

Dandelion - Except blowing at this plant to make wishes come true, you can also use it as a medicine. Fresh or dried dandelion herb can be used as an appetite stimulant. The root of the dandelion is a story by itself. Who would say this rough and not so lovely plant can be so beneficial? Dandelion was famous in Chinese and Native American medicine, and its root has long been used to treat stomach and liver conditions. Today, people believe it can aid in the treatment of acne, high cholesterol, heartburn, diabetes, and even cancer. The root can be used to prepare a tea which helps in losing weight.

Fennel - is another plant to be found everywhere in Croatia, especially in Dalmatia. All parts of the fennel plant are edible, from its tender leaves to its plump seeds. Fennel seeds benefits have long been used to reduce intestinal gas, which is why many cooks add a few fennel seeds to the cooking water when cooking asparagus, cabbage, beans, and other gas-producing foods. When taken as a nutritional supplement, fennel capsules can reduce common symptoms of menopause. Because of its smooth taste, babies love it as a tea beverage or cooked for a meal. To soften the flavor of the bulb, try braising, roasting, or grilling it. Fennel stalks can take the place of celery in soups and stews and can be used as a “bed” for roasted chicken and meats.