

HERBALIST

Aloe Vera fabulous First Aid

This lovely ornamental succulent, perennial herb is a valuable addition to the bathroom shelf and first aid kit, especially over the summer months.

The plant loves a warm and humid subtropical climate with some protection from the extremes of the seasons. With these conditions Aloe Vera will grow freely, forming dense rosettes of leaves, flowering over summer and also producing young plants from the base of each main plant, fantastic for an ongoing supply. Certain varieties are grown commercially for manufacture.

This native to Africa and Arabia is well known for the wonderful supply of gel stored within its leaves, its cooling, soothing and healing properties have long been used topically for acne, bites, burns and scalds (including sunburn), wounds, ulcers and most conditions of the skin, especially dry skin conditions including facial eczema.

In general it is a refreshing and cooling tonic, especially after spending time in the sun.

Popular for its gentle but effective nature, Aloe Vera is manufactured into lotions, gels, ointments and creams and is ideal for all ages and most skin types.

The leaf is also processed into a juice, stimulating digestion, assisting with constipation and internal inflammatory conditions including allergies, gastritis, irritable bowel syndrome and ulcers. It also has an immune enhancing action.

Indeed a popular and effective herb that can benefit the whole family, a great gift idea!



Karen

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