

## Lemon balm



15 gr. From the White Mountains of Crete

Rating: Not Rated Yet

**Price:**

Variant price modifier:

Base price with tax: 6,40 €

Price with discount: 5,98 €

Salesprice with discount:

Sales price: 6,40 €

Sales price without tax: 5,98 €

Discount:

Tax amount: 0,42 €

[Ask a question about this product](#)

### Description

Melissa officinalis: Melissa is a herb with rich history. It has been distinguished since ancient times and continues to this day. Its sweet, lemon-like taste that was recognized by ancient Greeks, Romans and other cultures, creates an excellent drink. Also suitable for cooking, it is well combined with soups, fish and meat.

{tip Please note::The information on the medicinal properties of herbs and diseases, which are contained in this site, originate from folk habits and traditions, speculations passed on from one generation to the next, and have not been studied scientifically in depth

THEY ARE NOT MEDICAL ADVICE,  
PRESCRIPTION OR SUSPENSION OF MEDICINAL TREATMENT.

Use the herbs in moderation since according to the individual's system some herbs can cause side effects or interact with other medicinal products and it is not recommended to replace medicine

with the use of any herb.

For any disease and treatment

YOU MUST ALWAYS CONSULT WITH YOUR PHYSICIAN!}How to use:{/tip} It helps digestion, combats stress, stimulates the body and spirit. It strengthens the memory and it is considered spasmolytic. Put one tablespoon of Melissa in 150-200 gr. boiling water, leave 7-8 minutes, strain, add some honey if you wish, and enjoy!