

My Escentia



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UNCATEGORIZED



LOBELIA 75G POWDER

Lobelia (*Lobelia inflata*), also known as *Indian Tobacco*, is a powerful traditional herb used mainly for **respiratory support**, **muscle relaxation**, and **detoxification**. It contains an active compound called *lobeline*, which affects the nervous system and breathing.

[Read More](#)

SKU: N/A

Price: R150,00



NATURAL MEDICINE

PEPPERMINT LEAVES 60G POWDERED

Peppermint leaves are a refreshing, aromatic herb widely used in herbal medicine, skincare, and culinary recipes. They are rich in menthol, antioxidants, and essential oils that support both health and wellness.

[Read More](#)

SKU: N/A

Price: R80,00

Peppermint Leaves
Benefits & Uses

BENEFITS OF PEPPERMINT	COMMON USES OF PEPPERMINT
Aids Digestion	Peppermint Tea
Relieves Headaches	Essential Oil
Soothes Sore Throat	Minty Inhaler
Reduces Stress	Topical Balms
Freshens Breath	Natural Antiseptic



KELP POWDER 100G

□ What is Kelp Powder?

Kelp powder is made from dried and finely ground brown seaweed. It is naturally rich in iodine, minerals, vitamins, and antioxidants, making it a powerful supplement for both health and skincare.

[Read More](#)

SKU: N/A

Price: R60,00



GINGER POWDER 100G

Ginger Powder (100g) is a warming, versatile natural remedy known for supporting digestion, boosting immunity, and reducing inflammation. It can be enjoyed as a soothing tea, added to food, or used in simple wellness and skincare recipes for its invigorating and healing properties.

[Read More](#)

SKU: N/A

Price: R50,00



LUNGWORT HERB CUT 60G POWDER

□ What is Lungwort?

Lungwort (scientific name *Pulmonaria officinalis*) is a traditional medicinal herb used for centuries, especially for **lung and respiratory health**. Its name comes from the Latin *pulmo* (lungs), reflecting its historical use for chest conditions.

[Read More](#)

SKU: N/A

Price: R150,00



LOBELIA 75G POWDER

Lobelia (*Lobelia inflata*), also known as *Indian Tobacco*, is a powerful traditional herb used mainly for **respiratory support, muscle relaxation, and detoxification**. It contains an active compound called *lobeline*, which affects the nervous system and breathing.

[Read More](#)

SKU: N/A

Price: R150,00

LIQUORICE ROOT CUT 100G POWDER

Liquorice root comes from the plant *Glycyrrhiza glabra* and has been used for centuries in herbal medicine, skincare, and natural remedies. It has a naturally sweet taste and powerful soothing properties.

[Read More](#)

SKU: N/A

Price: R101,00

Liquorice Root (Cut)
100 BENEFITS & USES

Key Benefits

- Respiratory Support: Coughs & Sore Throat
- Digestive Health: Indigestion & Ulcers
- Skin Benefits: Brightens Skin
- Immune Boosting: Antiviral Support
- Hormonal Support: Balances Hormones
- Anti-Inflammatory: Reduces Inflammation

How to Use

- Herbal Tea: 1-2 Cups Daily
- Skincare Infusion: Brightening Creams
- Powder / Capsules: Herbal Supplements
- Bath Soak: Soothing Baths

Active Compounds

- Glycyrrhizin
- Flavonoids
- Saponins

Important Precautions!

- No During Pregnancy
- High Blood Pressure
- Kidney / Heart Issues

Pro Tips for Skincare.

- Brightening Face Creams
- Herbal Facial Steams
- Glow Serums

#LiquoriceRoot #HerbalHealing #NaturalSkincare #FunWithSoap

ELECAMPANE ROOT (CUT) 75G POWDER

Elecampane root is a traditional herbal remedy known for its strong support of the **respiratory system** and **digestive health**. It has been used for centuries in herbal medicine across Europe and Asia.

[Read More](#)

SKU: N/A

Price: R80,00

Elecampane Root (Cut)
Also known as "ELFWORT"
Inula helenium

Herbal Support for Lungs & Digestion

- Respiratory Health
- Digestive Aid
- Antimicrobial
- Immune Support

Clears Mucus • Eases Coughs
• Fights Infections

Herbal Recipe: ELECAMPANE ROOT TEA

1 tsp dried root + 1 cup Water - Simmer 10-15 min • Strain & Enjoy!

Fun Fact
Once called "ELFWORT," believed to have magical healing powers!

#HerbalRemedy #NaturalHealing #FunWithSoap



MULLEIN LEAVES 75G POWDER

KEY BENEFITS

1. Respiratory Support (Lung Herb)

- Helps clear mucus from lungs
- Soothes coughs, bronchitis, asthma, and colds
- Acts as an **expectorant** (helps you cough up phlegm)

☐ Often called a “lung tonic”

[Read More](#)

SKU: N/A

Price: R66,00



NATURAL ORGANICS RANGE



PARSLEY LEAVES CUT 75G POWDERED

Parsley isn't just a garnish—it's a powerful herb packed with nutrients and healing properties. Whether used in teas, skincare, or cooking, **cut parsley leaves** offer a wide range of benefits.

[Read More](#)

SKU: N/A

Price: R36,00

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