

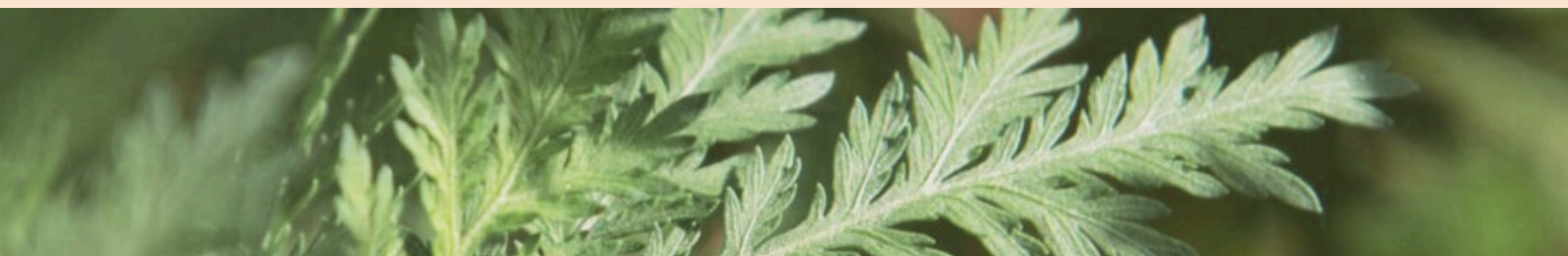
V I D I T A Y

Herbalism with Mediterranean roots



PRODUCT CATALOG

APRIL 2026



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All our products are handcrafted with natural ingredients, prioritizing those that we grow or harvest ourselves, and those from organic and local origin.

They are created based on the medicinal properties of plants, their synergies and energetic qualities, looking for a balanced formula that is a holistic contribution to health and vitality.

Made with love using traditional methods.



TINCTURES



V I D I T A Y

Artemisia Annua

// TINCTURE //



Alcohol extraction that enhances the virtues of one of the queens of herbal medicine, *Artemisia annua*. It is a bitter plant, with a sweet touch, aromatic, allied of the **liver** and its relation with the proper function of **uterus** and **digestive system**.

It is a herb with **expulsive energy**, used as a **anti-parasite**, in purges performed during the influx of the full or new moon. It also facilitates the arrival of the **menstruation** and helps against diseases caused by **microorganisms** (such as malaria).

Take 15 drops, dissolved in water, 2-3 times a day, 2 weeks, depending on the condition. If you wish to continue after the 2nd week, rest 1 week before restarting.



// **INGREDIENTS:** 40° alcohol, *Artemisia annua* from organic origin.

// **ENERGETIC QUALITY:** Warm and dry.

// **QUANTITY:** 30ml // **PRICE:** 8€

V I D I T A Y

Hinojo - Fennel

// TINCTURE //



Fennel is one of the most popular digestive plants, especially effective against **nervous digestions**, as it **relaxes the excessive tension of the stomach** muscles, facilitating the normal function of the gastrointestinal system.

With a sweet and pleasant taste, it **aids poor digestion**, and **relieves flatulence, bloating and colic after eating**.

It is recommended to take 15-30 drops up to 3 times a day, dissolved in water, after meals. It can be used as a palliative when we feel stomach upset, without needing to repeat the intake if symptoms disappear.



// **INGREDIENTS:** Alcohol 37.5°, wild fennel seeds (*Foeniculum vulgare*).

// **ENERGETIC QUALITY:** Warm and dry

// **QUANTITY:** 30ml // **PRICE:** 8€

V I D I T A Y

Salvia - Sage

// TINCTURE //



Sage has multiple properties as it works on all the fluids of our body: **blood** (also menstruation), **lymph** (and therefore immune system), **urinary system**, **gastric secretions**, etc. It regulates our **hormonal balance**, activates **circulation**, strengthens **immunity** and helps **eliminate toxins**.

It is antiseptic and antibacterial and helps us in **colds, fevers and flus** and it is also effective in **herpes** and **mouth sores**.

Taken before **menstruation** favors its smooth arrival and it is very useful during **menopause**.

It is recommended to take 15-30 drops, dissolved in water, 2-3 times a day, 2-3 weeks, depending on the condition. It can be used as mouth gargles.



// **INGREDIENTS:** Alcohol 37.5°, sage leaves (*Salvia officinalis*) from local organic origin.

// **ENERGETIC QUALITY:** Warm and dry

// **QUANTITY:** 30ml // **PRICE:** 8€

V I D I T A Y

Chamomille

// TINCTURE //



For people with an excess of internal 'fire' that causes **digestive difficulties** and states of **nervous and emotional irritability**.

Chamomile comes to **refresh and soothe**, helping to relieve tension that hinders digestion and to appease nervous and reactive minds.

It is recommended to take 15-30 drops, dissolved in water or directly in the mouth, before meals, 3 times per day.



// INGREDIENTS: Alcohol 37.5°, roman chamomille (*Chamaemelum nobile*) and german chamomille (*Matricaria chamomilla*).

// ENERGETIC QUALITY: Fresh and dry

8// QUANTITY: 30ml **// PRICE:** 8€

V I D I T A Y

Salvia canaria – Canary sage

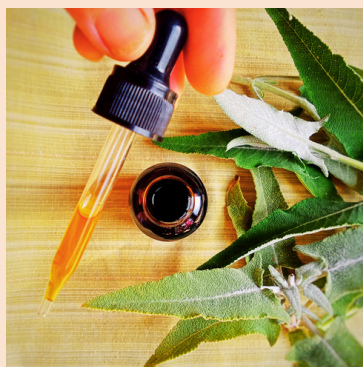
// TINCTURE //



The fragrant canary sage is a medicinal plant endemic to the Canary Islands. It has a strongly aromatic flavor thanks to its essential oils, with **antiseptic properties** that are immediately revealed to the palate.

It supports us by **vitalizing our immune system**, assisting the resolution of **fevers** and the healing from **viral infections** as well as **stomach disorders**.

It is recommended to take 15-30 drops, dissolved in water, punctually when needed or in one-week treatments, once or twice a day.



// INGREDIENTS: Alcohol 37.5°, Canary sage (*Salvia canariensis*) from wild origin.

// ENERGETIC QUALITY: Warm and dry

// QUANTITY: 30ml **// PRICE:** 8€

V I D I T A Y

Orégano mejorana - Marjoram

// TINCTURE //



Marjoram is our ally in **digestive and uterine health**. It is **antispasmodic** and **carminative**, so it offers relaxation to the stomach tension that can cause colic, bloating and flatulence.

Its soothing properties also apply to our uterus, and is one of the plants that favor the **balanced arrival of menstruation**, relieving pain and regularizing the flow.

It is also useful against **infections**, as it has antibacterial properties and is a natural **anti-inflammatory**.

It is recommended to take 15-30 drops, dissolved in water, 2-3 times a day, 2-3 weeks, depending on the condition.



// INGREDIENTS: Alcohol 37.5°, marjoram leaves (*Origanum majorana*) from organic origin.

// ENERGETIC QUALITY: Warm and dry

// QUANTITY: 30ml **// PRICE:** 8€

V I D I T A Y

Usnea y flor de ajo

// TINCTURE //



A combination of powerful **natural antibiotics** offered to us by nature in their purest form: **wild garlic** and **Usnea lichen**, which grows only in forests with the cleanest air.

Directly from the Tamadaba mountains, we bring you this remedy for **infections and flu**, which relies on the body's own wisdom to heal in collaboration with the plant world.

It is recommended to take 15-30 drops, dissolved in water, 2-3 times a day, 2-3 weeks, for infectious conditions.



// INGREDIENTS: Alcohol 37.5°, *Usnea barbata* lichen and wild garlic flowers (*Allium ampeloprasum*) from wild harvesting.

// QUANTITY: 30ml // PRICE: 8€

OXYMELS



V I D I T A Y

Poderoso Jengibre

// GINGER SHOT //



Our favorite potion to **prevent the onset of colds**, to soothe **throat inflammation**, and to give a **powerful immune boost**.

We macerate fresh ginger root in homemade apple cider vinegar and honey, obtaining a powerful oxymel with **immunostimulant**, **anti-inflammatory**, **antiseptic** and **probiotic** properties.

Its warm energy **activates circulation** and **improves digestion**. It reduces **nausea**, **headache** and works as **expectorant**.

Take 1 to 3 teaspoons a day, best on a full stomach. To stop a cold, take a spoonful when you feel the first symptoms, such as swollen glands or sore throat, and repeat the intake 2 more times during the day. Keep in the fridge to extend its shelf life.



// INGREDIENTS: Homemade apple cider vinegar, honey, ginger root (*Zingiber officinale*).

// ENERGETIC QUALITY: warming

// QUANTITY: 50ml **// PRICE:** 10€

V I D I T A Y

Tónico de Fuego

// FIRE CIDER //



Our own version of a classic **immune-boosting remedy**: the 'Fire Cider'.

Formulated with homemade vinegar and local honey, it's a potent blend of **hot and spicy botanicals**, which activates the whole organism, specially the **circulation, clears airways** and improves our **protection against colds and flus**.

Take 1 to 3 teaspoons a day, best on a full stomach, when feeling symptoms of a cold, or as prevention during the changes of season. Keep in the fridge to extend its shelf life.



// INGREDIENTS: Homemade apple cider vinegar, honey, orange, chili, garlic, onion, papaya seeds, ginger root (*Zingiber officinale*), cloves (*Syzygium aromaticum*), cinnamon (*Cinnamomum zeylanicum*), cardamom seeds (*Elettaria cardamomum*) and rosemary (*Rosmarinus officinalis*) from organic origin.

// ENERGETIC QUALITY: very hot and dry

// QUANTITY: 50ml **// PRICE:** 10€

Poción Despertar - Wake up

// OXYMEL //



We rescue a Mediterranean traditional medicine, the **oxymel** (maceration of plants in vinegar and honey), to bring you this potion with which to start the day the best way possible. Formulated with **dandelion, fennel, chamomile, artemisa annua, nettles and orange peel**, all plants with **digestive** virtues, it is perfect to take after waking up to **activate** the body and promote its balanced function from the morning. In addition, we include homemade kombucha vinegar, which brings you **probiotic** and **imuno-stimulant** properties.

Take a teaspoonful in the morning, before consuming other foods or beverages, and/or before meals.



// INGREDIENTS: Homemade kombucha vinegar, honey, dandelion (*Taraxacum officinale*), fennel seeds (*Foeniculum vulgare*), chamomile flowers (*Matricaria chamomilla*), *Artemisia annua**, nettles (*Urtica stachyoides*)* and orange peel*.

*Organic origin.

// ENERGETIC QUALITY: neutral

// QUANTITY: 50ml **// PRICE:** 10€

Poción Respira - Breathe

// OXYMEL //



The oxymel combines the virtues of honey and vinegar in a powerful, nourishing and purifying synergy. The slow maceration of the medicinal plants makes it an almost magical formula that activates and strengthens our **immune system**, preventing and treating **flus, colds and infectious and inflammatory processes of the respiratory system**.

With thyme and eucalyptus, fantastic **antiviral and antibacterial** agents; mallow and licorice to **soothe throat irritation**, and orange peel, with antioxidant and vitamin C properties.

Take a teaspoon when you feel that you are low in defenses or that you are catching a flu, and repeat 2-3 times a day until you feel improvement. For sensitive stomachs, dilute in water.



// INGREDIENTS: Unpasteurized apple cider vinegar, honey, thyme (*Thymus vulg.*), eucalyptus (*Eucalyptus globulus*), mallow (*Malva sylvestris*), licorice (*Glycyrrhiza glabra*) and peel from organically grown oranges.

// ENERGETIC QUALITY: warming and moistening.

// QUANTITY: 50ml **// PRICE:** 10€

BODY CARE

Bálsamo Tigresa

// ANALGESIC OINTMENT //



An ointment that recreates, with natural ingredients, the mythical **Tiger Balm** from Chinese medicine. A **powerful analgesic** with a **refreshing sensation**, it is effective for **muscle pain** and for relieving **inflammations**: insect bites, sprains, swollen glands, etc.

Cinnamon and cloves, macerated in almond oil, provide anti-inflammatory benefits, direct **circulation** to the area and generate a pleasant **anesthetic** effect. A small amount applied to the temples (being careful not to touch the eyes) soothes **headaches**.

The essential oils of **peppermint, eucalyptus and camphor** make it an effective remedy for opening the **respiratory tract** when inhaled or applied to the chest.



// INGREDIENTS: Sweet almonds oil, natural beeswax, cinnamon (*Cinnamomum zeylanicum*), cloves (*Syzygium aromaticum*), peppermint essential oil (*Mentha piperita*)**, eucalyptus essential oil (*Eucalyptus globulus*)**, camphor essential oil (*Cinnamomum camphora*).

**Certified organic.

// ENERGETIC QUALITY: Warming-cooling and moistening

// QUANTITY: 60g // PRICE: 10€

V I D I T A Y

Útero Corazón

// MENSTRUAL AID OINTMENT //



Ointment with a soft and warm texture, to relax our womb during menstruation. Its application with a gentle massage in the belly **relieves discomfort and pain** thanks to its sedative, antispasmodic and anti-inflammatory properties. It works along the womb-heart channel, helping to **let go of accumulated emotions** and dissipating nervous tension and **uterine energy stagnation**.

It incorporates the synergies of a triad of masters: **oregano, sage and lavender**; and the warming and analgesic effect of **clove**.

Apply as a circular self-massage on the lower abdomen, navel, and along the midline, from the uterus to the heart. It can also be applied in reflex zones of the hands and feet and in the lower back.



// INGREDIENTS: Sweet almonds oil, natural beeswax, oregano (*Origanum vulgare*)*, lavender (*Lavandula angustifolia*)*, sage (*Salvia officinalis*)*, cloves (*Syzygium aromaticum*), lavender essential oil**.

*Local organic origin /**Certified organic

//ENERGETIC QUALITY: Warming and moistening

// QUANTITY: 60g // PRICE: 10€

V I D I T A Y

Cura Sana

// SKIN REPAIR OINTMENT //



All the **regenerative** power of the Sun absorbed by our calendula and wild granadillo flowers, macerated in olive oil, then concentrated into an ointment to repair damaged skin.

Healing, antiseptic, anti-inflammatory and soothing, it is the indispensable remedy for **wounds, bites, eczema and burns**.

It accelerates skin healing visibly and effectively, while moisturizing and activating circulation.

It may generate photosensitivity in the area of application, so it is recommended not to expose to the Sun immediately after use.



// INGREDIENTS: Extra virgin olive oil , natural beeswax, calendula flowers (*Calendula officinalis*) and granadillo flowers (*Hypericum canariense*) from wild harvesting.

// ENERGETIC QUALITY: Warm and moist

// QUANTITY: 60g // PRICE: 10€

V I D I T A Y

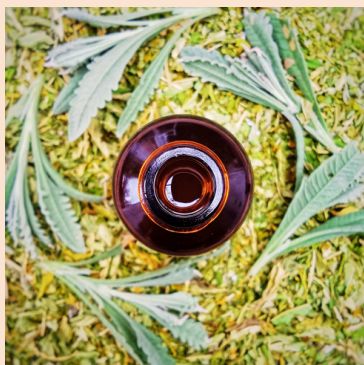
Mano de Santa

// MASSAGE OIL //



Medicated oil with relaxing properties to be applied through massage on sore body parts, tense muscles, contractures, etc. It has **soothing and anti-inflammatory** virtues thanks to a triad of plants known for their calming effects: **lavender, cannabis**, with the addition of **orange peels**, carefully macerated in sweet almond oil for one month.

It also promotes **blood circulation** and gently **nourishes the skin** without leaving a sticky feel.



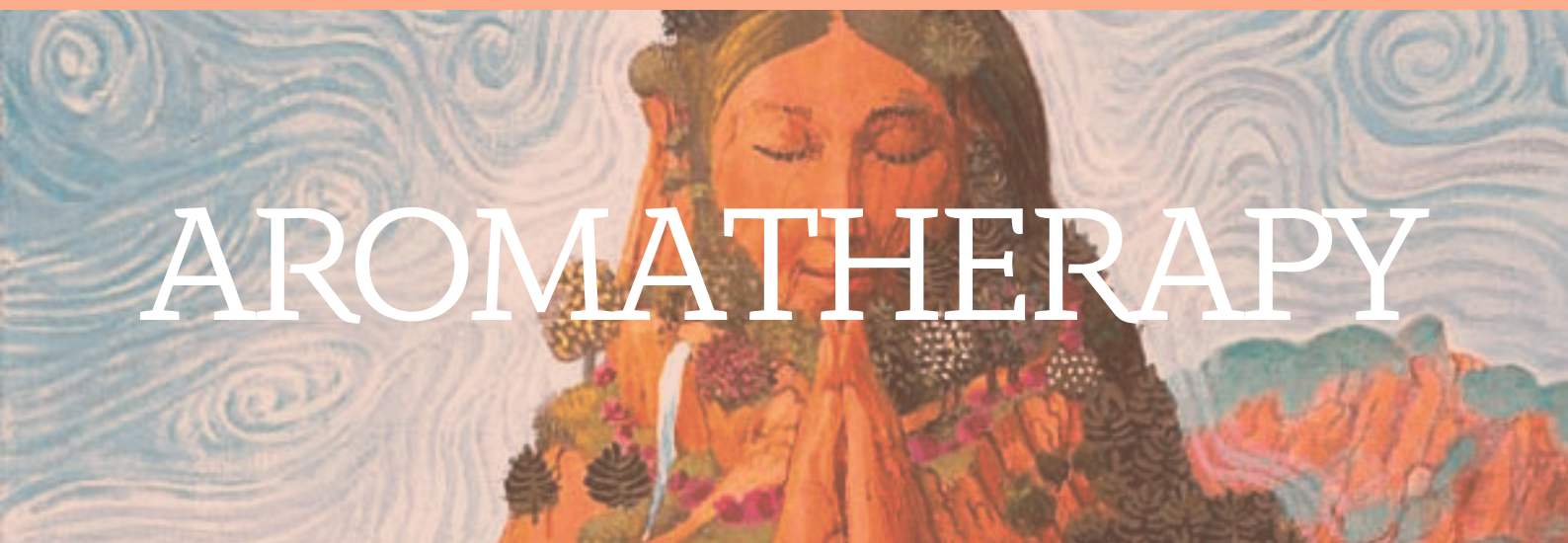
// INGREDIENTS: Sweet almonds oil, cannabis leaves (*Cannabis sativa*)*, lavender flowers and leaves (*Lavandula angustifolia*), orange peels*.

* Organic local origin

// ENERGETIC QUALITY: Warm and moistening

// QUANTITY: 50ml // PRICE: 10€

AROMATHERAPY



V I D I T A Y

Agua Florida

// RITUAL FRAGRANCE //



The classic floral water used in **rituals and energy cleansings** of various traditions (especially used in Peru), revisited in a chemical-free, 100% natural recipe. **Citrus** scented with hints of **cinnamon and orange blossom**, it contains flowers and plants of organic origin and harvested by hand.

It comes as a handy spray bottle that can be used on the body, to bring **connection and clarity**, and in rooms and other spaces to **purify** them.



// INGREDIENTS: alcohol 37.5°, orange peels*, hibiscus (*Hibiscus sabdariffa*), orange blossom (*Citrus aurantium*)*, calendula (*Calendula officinalis*), rosmary (*Rosmarinus officinalis*), lavender (*Lavandula officinalis*), sage (*Salvia officinalis*), canarian mugwort (*Artemisia thuscula*)* and cinnamon (*Cinnamomum zeylanicum*).

*Organic local origin.

// ENERGETIC QUALITY: Warming and revitalising

// QUANTITY: 60ml // PRICE: 10€

V I D I T A Y

Lavender Mist

// TOPICAL SPRAY //



A formula that appeals to all the relaxing power of lavender. In case of **nervousness, anxiety, irritability, stress and insomnia**. Used before going to bed, it helps to **fall asleep easier and sleep better**.

Used as a mist over the head, accompanied by deep, slow breaths, it promotes **relaxation and well-being** at any time of the day.

It comes in a spray bottle and can be used as a mist over the head (with eyes closed), as well as in spaces such as the bedroom, around the bed, or on the pillow (be aware that it can stain) before going to bed.



// INGREDIENTS: alcohol 37.5°, lavender (*Lavandula officinalis*) from organic origin.

// ENERGETIC QUALITY: Warming and relaxing.

// QUANTITY: 60ml // PRICE: 10€

V I D I T A Y

Rosemary Mist

// TOPICAL SPRAY //



Rosemary alcohol is a traditional remedy for the **relief of muscle and joint pain**, very useful especially for rubbing tired legs, for cramps or to apply on the temples to **soothe migraines**. It is a natural **anti-inflammatory** and activates **blood circulation**.

We have added cloves to increase its **analgesic and anesthetic** power. Used as a mist on the head, it promotes states of **clarity and concentration**.

Can be used to apply on the body as a mist, as well as in spaces and environments to harmonize them.



// INGREDIENTS: alcohol 37.5°, rosemary (*Rosmarinus officinalis*) from local organic origin, and cloves (*Syzygium aromaticum*).

// ENERGETIC QUALITY: Warming and stimulating.

// QUANTITY: 60ml // PRICE: 10€

V I D I T A Y

Lavender infused oil

// ROLL-ON PERFUME //



We have infused the best **lavender leaves and flowers** in sweet almond oil for more than two moon cycles to bring you this aromatic and relaxing oil.

To use as a daily perfume, applying a few touches with roll-on on the inside of wrists and behind the ears, or to benefit from its **therapeutic properties** in moments when we need the **calm and ease** that brings us the kind lavender. It can be applied in the belly button to **relax the nervous system** and in other areas of the body to give a localized massage with relaxing properties.



// INGREDIENTS: Sweet almonds oil, lavender flowers and leaves (*Lavandula officinalis*), lavender essential oil.

// ENERGETIC QUALITY: Warming and relaxing.

// QUANTITY: 10ml // PRICE: 5€

BLEND

BLEND

Bañito de Luna

// SITZ BATH //



Powerful combination of plants with affinity for the female reproductive and urinary systems. In case of **vulvo-vaginal and urinary infections**, **sage, lavender, oregano and rosemary** rescue us with the antiviral and antiseptic properties of their intense essential oils. **Chamomile and calendula** soothe and reduce inflammation, balancing the formula. **Canary mugwort** acts as a catalyst, directing the medicinal properties to the reproductive organs and, by sympathy, to the urinary tract.

Prepare as an infusion and, when warm to the touch, use as a sitz bath or to make genital (external) washes. Use once or twice a day, from 1 to 3 days: do not abuse its use to not alter the PH of the genital mucosa.



// INGREDIENTS: Sage (*Salvia off.*)*, lavender (*Lavandula angustifolia*)*, Canary sage flowers (*Salvia canariensis*)**, chamomile flowers (*Matricaria chamomilla*), calendula flowers (*Calendula off.*), rosemary (*Rosmarinus off.*)*, Canary mugwort (*Artemisia thuscula*)** and oregano (*Origanum vulg.*)*.

* Organic origin // ** Wild harvested

// ENERGETIC QUALITY: Warm and dry

// QUANTITY: 40g **// PRICE:** 7€

Matriz Feliz

// MENSTRUAL AID INFUSION //



Herbal blend for menstrual relief: assists in the **relaxation of the uterus**, and promotes the arrival of menstruation with a **balanced bleeding**. **Mugwort, sage and yarrow** are gynecological plants par excellence, that work for **hormonal regulation**. **Nettle** supports the blood, allowing its smooth circulation, while nourishing and preventing **anemia**. **Oregano** is antispasmodic, relieving **cramps** caused by excessive uterine tension. **Calendula and mallow** soothe the mucous membranes and reduce **inflammation**, and **fennel** helps with its carminative properties to reduce abdominal **swelling**.

Take 1L/day as a preventive during the week prior to menstruation, and during it for as long as symptoms last. For mild symptoms it can be reduced to 1-2 cups/day.



// INGREDIENTS: Canary mugwort (*Artemisia thuscula*)**, oregano (*Origanum majorana*)*, sage (*Salvia off.*)*, nettles (*Urtica dioica*)**, yarrow (*Achillea millefolium*), calendula (*Calendula off.*), mallow (*Malva sylvestris*) and fennel (*Foeniculum vulg.*).

* Organic and local origin // ** Wild harvested

// ENERGETIC QUALITY: warm and dry

// QUANTITY: 40g **// PRICE:** 7€

Limpieza Interna

// LIVER CLEANSING INFUSION //



Herbs for depurative infusions, to assist **toxin elimination** processes and promote proper **liver and gallbladder** function. Activates **digestion** and **circulation** of body fluids for an effective cleansing. **Horsetail** works within the waters of the body, at the lymphatic and urinary system level; **nettle** cleanses the blood and improves circulation, also providing nutrients; **yarrow and dandelion** work on the liver, the master organ of our body, on which the proper functioning of everything else depends.

For a complete treatment, accompany with an anti-inflammatory and detoxifying diet and a higher than normal water intake. Take 1L/day for 2-3 weeks.



// INGREDIENTS: Horsetail (*Equisetum arvense*), dandelion (*Taraxacum officinale*), nettles (*Urtica dioica*) and yarrow (*Achillea millefolium*).

// ENERGETIC QUALITY: neutral and dry

// QUANTITY: 40g **// PRICE:** 7€

Respiración Profunda

// LUNGS & THROAT INFUSION //



Excellent aid for **congested lungs** and **sore throat**, this herbal blend is formulated to assist in colds and infectious processes of the respiratory system. **Peppermint and eucalyptus** are antiseptic, open the respiratory tract and generate a sensation of freshness. **Mullein** is expectorant and, together with **mallow**, soothes inflamed mucous membranes. **Thyme** is antiviral with a special affinity for the respiratory system. **Licorice** moisturizes the throat and provides a characteristic sweetness that, with **orange peel**, results in a pleasant infusion, as well as an effective remedy.



// INGREDIENTS: Peppermint (*Mentha piperita*)*, eucalyptus (*Eucalyptus globulus*), mullein (*Verbascum thapsus*), thyme (*Thymus vulgaris*)*, mallow (*Malva sylvestris*), licorice (*Glycyrrhiza glabra*) and orange peel*.

* Organic and local origin.

// ENERGETIC QUALITY: neutral

// QUANTITY: 40g **// PRICE:** 7€

Digestión Equilibrada

// DIGESTIVE INFUSION //



The perfect blend for a good digestive infusion with a pleasant sweet and aromatic taste. **Chamomile** gently supports digestion, also relaxing the nervous system. **Dandelion** activates the production of bile, to prepare the stomach for proper digestion and assimilation. **Ginger** and **licorice** protect the gastrointestinal mucosa and reduce inflammation. With **fennel** we avoid the accumulation of gas and bloating, and is helpful against stomach cramps. **Orange peel**, in addition to stimulating digestion, provides benefits to the immune system.

Take 1-3 cups a day, preferably before meals.



// INGREDIENTS: Chamomile (*Matricaria chamomilla*), fennel (*Foeniculum vulgare*), dandelion (*Taraxacum officinale*), ginger (*Zingiber officinalis*), licorice (*Glycyrrhiza glabra*) and orange peel*.

* Organic local origin.

// ENERGETIC QUALITY: neutral

// QUANTITY: 40g **// PRICE:** 7€

Agua Clara

// URINARY SYSTEM INFUSION //



Specifically formulated to treat **urinary tract infections**, this herbal blend is an ally of our body's waters, working to purify, nourish and restore them to a state of equilibrium. **Sage and thyme** are fantastic antiseptics and antivirals and strengthen the immune system. **Heather** works to eliminate bacteria and is anti-inflammatory. **Horsetail** is the queen of diuretics, activating the production and expulsion of urine and, with it, toxins and pathogens. **Mallow** softens mucous membranes and provides moisture.

Take 1L/day at the onset of symptoms of urinary tract infection for 1-2 weeks. Accompany with more water intake than usual, to ensure adequate fluid replacement.



// INGREDIENTS: Horsetail (*Equisetum arvense*), heather (*Calluna vulgaris*), sage (*Salvia officinalis*)*, mallow (*Malva sylvestris*), thyme (*Thymus vulgaris*)*.

* Organic local origin.

// ENERGETIC QUALITY: neutral and dry.

// QUANTITY: 40g **// PRICE:** 7€



OTHER PREPARATIONS

V I D I T A Y

Boca Fresca

// FRESH TOOTHPASTE //



A fresh toothpaste with medicinal properties for a complete, effective and long-lasting dental cleaning. **White clay** in combination with **activated charcoal** purifies the mouth and removes germs. With the addition of **canary sage, mint and eucalyptus** a refreshing sensation with an antiseptic effect is guaranteed. We add **propolis** for its properties against microorganisms and oral herpes, **turmeric** to relieve gum inflammation, and **sea salt** to disinfect and close small wounds and sores.

Keep tightly closed, as the loss of humidity changes its consistency. A few drops of water can be added to re-moisten and restore a smooth texture. Do not take the paste directly with the toothbrush: use a wooden spoon or stick to avoid contamination.



// INGREDIENTS: White clay, activated charcoal, turmeric, tincture of wild *Salvia canariensis**, propolis extract, *Mentha piperita* essential oil**, *Eucalyptus globulus* essential oil** and natural sea salt.

* Wild harvested // **Certified organic

// ENERGETIC QUALITY: Cool

// QUANTITY: 60g // PRICE: 8€

V I D I T A Y

Tónico capilar - Hair rinse

// NETTLE & ROSEMARY VINEGAR //



Hair elixir for a deep cleansing and **remineralizing** effect. Nettle strengthens the hair structure and, together with rosemary, improves circulation in the scalp, helping to treat **dandruff** and **itching** and promoting better **growth**.

Spray onto hair after washing, wait a few minutes, and rinse. For oily hair, it can be used regularly; for dry hair, use no more than once a week to avoid drying it out, or dilute it in water before use.



// INGREDIENTS: Unpasteurized apple cider vinegar, wild-harvested nettle (*Urtica membranacea*) and organically grown rosemary (*Rosmarinus officinalis*).

// QUANTITY: 60g // PRICE: 8€

Moxas

// MOXIBUSTION STICKS//



Moxibustion is a technique from Chinese Medicine: a moxa, a stick made of crushed **mugwort leaves**, is ignited and approached to key body areas, as **organs, energetic or reflex points, joints**, etc.. It works through **heat** and the properties of mugwort to **reactivate vital energy, circulation** and proper function to weakened, stagnant and excessively cold and damp areas.

These moxas are handmade with Canary mugwort, whose mobilizing and cleansing energy is also felt in the smoke of the moxa.

Light the tip until it continues to burn on its own. Bring it about 3 cm from the skin or until you feel a strong sensation of heat without burning. Keep it on the point or area as long as you feel necessary, being careful not to let ash fall on the body. Once the session is over, cut the burned tip with scissors and save it for the next time.



// INGREDIENTS: *Artemisia thuscula* from wild harvesting.

// ENERGETIC QUALITY: Warm and dry

// QUANTITY: 4g x3 **// PRICE:** 5€

V I D I T A Y

Natural Vinegars

// APPLE & PLUMS //



The same vinegar we use as a base in our preparations, ready to use as food or medicine. Unpasteurized, with **probiotic properties** that strengthen the **digestive and immune systems**, thanks to the natural fermentation process of the best local and organic fruit.

Vinegar has a **cooling energy**, so it is used for healing excess heat (heatstroke, fever, inflammation, etc.). It is closely linked to the **Earth element**, so it works on the hard and fibrous tissues of the body (bones, hair, nails, etc.).

Take a teaspoon diluted in water on an empty stomach or as a culinary condiment at will. When used externally, it relieves insect bites and remineralizes the hair.



// INGREDIENTS: Apples and/or plums from ecological local farming.

// ENERGETIC QUALITY: Cool and dry

// QUANTITY: 330ml **// PRICE:** 8€

ORDERS OF PRODUCTS
IN STOCK AND ON DEMAND:

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+34 600420552

Shipping available.
Price according to the weight of
the final package.



You can find me on Instagram:

@rosa.ura.viditay



V I D I T A Y
is Rosaura Ruiz.

Born in Valencia, she has inhabited different latitudes and climates, always making friends from the plant world. She has received training as a herbalist through the Advanced Course in Traditional Mediterranean Medicine, taught by Anaïs Estrems from El Jardí de les Bruixes.



In addition to crafting remedies, she leads workshops to introduce herbalism to the general public and researches about the roots of the traditional medical system of the Mediterranean.

Thank you

