

# *Traveler's Herbal Pharmacy*



# *Traveler's Herbal Pharmacy Mehana*



In cooperation with our friends - mountaineers and Himalayan trekkers - we come out with a new edition: *“Traveler’s Herbal Pharmacy Mehana”*.

We have carefully selected a set of **our herbal balms**, which together with the ***Oliban-Propolis Tincture*** will cover the most common travel health problems from **intestinal** and **respiratory infections** to **wounds, musculoskeletal pain, or skin rashes**.



## *Balms and Tinctures Mehana Herbs*

are prepared carefully with the very best intention to **promote the healing properties of precious plants** and natural products.

**Kristina Höschlová**, founder of the Mehana Institute, handcrafts all the products and personally collects many of the herbs in pristine places of **pure and wild nature**.

Please, don't use if allergic to any of the components.  
Store in a dry and dark place at 4-22°C.

# *We are offering 2 sets:*



- BIG pharmacy (Family travel/ long multi-week trek)
- SMALL pharmacy (Single traveler/short multiday trek)

Each pharmacy is completed with a **survey table** indicating a first choice- and a complementary treatment for each ailment.

Both sets are designed for **economy travels** including compatibility with the on-board allowed fluid content for economy flights.


	BIG pharmacy	SMALL pharmacy
Liquid fluid content	30 ml	10 ml
Weight	200 g	106 g
Size	15x10x3 cm	13x10x3 cm

# Traveler's Herbal Pharmacy Mehana





# Survey Table (included in each package)

<b>TRAVELER'S PHARMACY</b>  BALMS:	Arnica	Propolis	Helichrysum	Lavend.-Geran.	Rose-Coconut	Joint Balm	Wood Essences*	TINCTURE*
Stretched ligaments	X					x		
Strained muscles	X					x	x	
Blocked Back	x					X		
Contusions	X		x			x		
Wound - fresh		X						X
Wound - healing			X	x				
Eczema-infectious		X	x					x
Eczema - dry			X	x		x		
Cracked Lips			x	x	X			
Cold Sores		X					x	X
Dry Skin				X	x			
Hangnails		X	x	x		x		
Insect Bites		x				X	x	
Repellent						X		
Gastric-Intestinal Infections								X
Respirat. Infection							X	X

X = first choice  
x = addition/replacement

\* instructions on the back side

**\*Wood Essences Balm:** apply under the nose and use to massage the neck and ear area to support mucosal immunity

**\*TINCTURE Oliban-Propolis:**

- **Wounds:** apply locally as a disinfectant and to promote tissue healing.
- **Oral inflammation:** add 2 drops on toothbrush when brushing teeth. Rinse.
- **Sore throat:** 10-20 drops in 50 ml of water. Gargle and spit out.
- **Internal use as a general anti-infective** (gastric, respiratory, urinary infections): 10-20 drops in a glass of water. Drink and repeat up to 3 times a day if necessary. Dosage for children should be adjusted to weight.

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**Balms and Tinctures Mehana Herbals** are handmade by Kristina Höschlová, the founder of the Mehana Institute, with the best intention to **promote the healing properties of precious plants** and natural products.

Components and more information:

[www.mehanainstitute.com/mehana\\_herbals](http://www.mehanainstitute.com/mehana_herbals)



# Traveler's Herbal Pharmacy Mehana



SMALL pharmacy\*



BIG pharmacy



\*Sizes of Joint and Arnica balm can be exchanged according to availability. Their effects are very similar.



# Contents and price

Valid from 1.9.2024

<b>BALMS</b>	<b>BIG pharmacy</b>	<b>SMALL pharmacy*</b>
Lavender-Geranium BIG (15 ml)	X	
Lavender-Geranium Small (5 ml)		X
Helichrysum (5 ml)	X	
Arnica (15 ml)	X	X
Joint Balm BIG (15 ml)	X	
Joint Balm Small (5 ml)		X
Propolis (5 ml)	X	X
Wood Essences (5 ml)	X	X
Rose-Coconut (5 ml)	X	
TINCTURE BIG (30 ml)	X	
TINCTURE Small (10 ml)		X
<b>Price (€)</b>	<b>64 €</b>	<b>32 €</b>

\*Sizes of Joint and Arnica balm can be exchanged according to availability. Their effects are very similar.

Your orders please send to [MehanaHerbals@gmail.com](mailto:MehanaHerbals@gmail.com). Thank You.