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 Herbals



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

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Survey Table (included in each package)

TRAVELER'S PHARMACY	🗙 Arnica	Propolis	Helichrysum	LavendGeran.	Rose-Coconut	Joint Balm	Wood Essences*	TINCTURE*
Stretched ligaments						Χ		
Strained muscles						Χ	Χ	
Blocked Back						X		
Contusions			X			Χ		
Wound - fresh		X						X
Wound - healing			X	Х				
Eczema-infectious		X	X					Χ
Eczema - dry			X	Х		Χ		
Cracked Lips			Х	Х	X			
Cold Sores		X					Χ	X
Dry Skin				X	Х			
Hangnails		X	Х	X		Х		
Insect Bites		Χ				X	Χ	
Repellent						X		
Gastric-Intestinal Infections								X
Respirat. Infection							X	X
\mathbf{X} = first choice \mathbf{x} = addition/replacement* instructions on the back side								

*<u>Wood Essences Balm</u>: 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 z 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





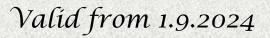
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Contents and price



BALMS	BIG pharmacy	SMALL pharmacy*		
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		
Price (€)	64 €	32 €		

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

Your orders please send to <u>MehanaHerbals@gmail.com</u>. Thank You.