



VICKS PLANT

Plectranthus tormentosa

TENDER PERENNIAL | LAMIACEAE FAMILY

ZONES: 9-12

EXPOSURE: MORNING SUN/AFTERNOON SHADE

MATURE HEIGHT: 1 FT | SPREAD 2-3 FT

BLOOM: VIOLET | SPRING & FALL



Medicinal



Aroma



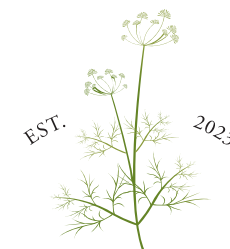
Rare



Container



Pollinators



HERB & VINE

— healing plants —

An easy-care succulent, Vicks Plant, Mexican Oregano or Succulent Coleus, has been used for centuries as a medicinal plant. Its distinctly menthol scent makes it important for respiratory issues.

- Therapeutic*: clear sinuses and ease congestion by squeezing leaves and using with steam. Prepare as an ointment with petroleum jelly to treat inflammation, muscle aches, bruises, arthritis, and to repel mosquitoes.
- Parts used: leaves
- Will not tolerate frost, so grow in a container and overwinter indoors.

Caution: do not apply to open wounds.



**Information is based on research of the historical uses of this herb and does not constitute medical advice. Consult a medical professional before using any herb for therapeutic purposes.*



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