



WITCH HAZEL

Hamamelis vernalis (ham-ah-MAY-lis ver-NAH-lis)

DECIDUOUS TREE | HAMAMELIDACEAE FAMILY

ZONES: 3-8

EXPOSURE: FULL SUN

MATURE HEIGHT: 10 FT | SPREAD 8 FT

BLOOM: YELLOW-RED | WINTER



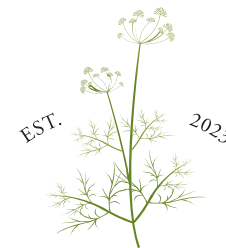
Medicinal



Aroma



Frost



HERB & VINE

— healing plants —

Ozark or vernal witch hazel is native to the south-central portions of the U.S. It is the earliest shrub to flower in spring, and its small, yellow-red blooms can be prolonged in cold weather. From Native Americans to early settlers to modern-day, witch hazel has been a beneficial addition to the medicine cabinet.

- Therapeutic*: astringent, anti-inflammatory, mildly antibacterial.
- Bark, twigs and leaves are used as tincture, infusion (leaves), decoction (bark/twigs), compress, wash or poultice.
- Tones and strengthening blood vessels, veins, mucous membranes, and skin. As a tea use for sore throat, diarrhea, colds, cough, and to prevent postpartum hemorrhaging. Reduces inflammation of mucous membranes in sinus congestion. Also used for bleeding gums and gingivitis. As a compress use for varicose veins, hemorrhoids, bruises, and sunburn.

Caution: consult your doctor before using if you are pregnant or nursing.



**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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