



ROCK ROSE

Cistus incanus tauricus (SIS-tus hy-BRID-us)

PERENNIAL | CISTACEAE FAMILY

ZONES: 7-11

EXPOSURE: FULL SUN | DRY SOIL

MATURE HEIGHT: 24" | SPREAD 24"

BLOOM: MAGENTA | MID-SUMMER-LATE FALL



Medicinal



Pollinators



Aroma



HERB & VINE

— healing plants —

This bushy evergreen perennial is native to the Mediterranean region and has been used medicinally for thousands of years. A miniature of the rock roses, it produces short lived flowers for months.

- Therapeutic*: anti-microbial, anti-inflammatory, anti-fungal, antioxidant, vasodilator properties.
- Traditionally tea made from the leaves was used to treat diarrhea, fever, skin disorders and as a mouthwash. It was also used for wound healing, and ulcers.
- Studies have shown promise using it to treat Lyme disease and upper respiratory tract infections; and drinking Cistus tea may have anti-bacterial benefits and promote cardiovascular health..

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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