



**Welcome to the natural remedy's world and the aromatherapy of Catalonia**

*I have been fully dedicated to this job for more than 15 years, I fell, I adore and I live with all my love, it is a way of living, thinking and being that has made me very happy, consequent and conscience to next people and waiting to open doors to new ways of living and acting.*

All the products are totally natural and handmade.

From the plants that we cultivate in our medicinal garden and from bush collection we make diferents process, either dry them, either maceration or distillation from the alambik to take out the Esssencial Oil (E.O), and the hydrolate. Everything very good for the skin, and soul.

I create specially:



**SOAPS:** they are made from the traditional way of olive oil, hidrolato and càustic soda, only from basic and natural products. They are usefull for body, face, hands and hair..... 5€

- *CLAY*- for oilyskin. Astringent, exfoliant,clean the black spots and pimples.
- *ALVOCADO and LAVANDA*- for dry skins. Nutritious, moisturizing and regenerator, contribute vit. E.
- *ALOEVERA and CALENDULA*- for all types of skins. Ideal for skin problems, erupcions; acne, dermatitis,...
- .....
- .....5€



**OILS:** from virgin sweet almond with Essential Oils 100% naturals i 100% pures. They are used to moisturize and regenerate all the body and hair, for a muscle massage and many everyday ocasions. They can be used in cold or hot (wàter bath to 40 °C)

*Distillation*.....20€ (125ml)/ 11€ (30ml)

- *LAVANDA*- nervous balance(sedative and anti-stress ) and antihypertensive heart, decongestant and antiinflammatory for the skin and mucus. Ideal for sensitive and delicate skin, babies,... It goes well for stretch marks, healing and calm itching, for headaches, migraine,...
- *ROSEMARY*- Ideal for contractures, muscle pain and circulation, invigorates the mind, promotes focus and concentration It gives strength and energy. Strengthen scalp.
- *THYME*- antisèptic, antiinflammatory, to improve circulation , decongest,...

*Maceration*..... 12€ (125ml)

- *CALENDULA*- for babies , sensitive and atopic skins ,skin regenerator , for burns, eczemas,..
- *HIPERICUM* - skin regenerator, for hits, burns, sores,...

**ESSENCIALS OILS:** from our own distillation, organic and handmade, from Berguedà (Catalonia). Do not apply directly to the skin, use with a vegetable oil as base. Do not apply to the eyes. Keep in a cool, dark place. Fast cover is volatile.

*LAVANDA (lavandula angustifolia)* - antiseptic, sedative, analgesic, relaxing  
.....18€ /5ml

*ROSMARINUS (rosmarinus officinalis)* – Ideal for contractures, muscle pain and circulation, invigorates the mind, promotes focus and concentration. It gives strength and energy. Strengthen scalp.

*THYME (thymus vulgaris)* – antiseptic, antiinflammatory, to improve circulation, decongest.....28€/ 5 ml

**ONITMENTS:** made from bee wax and oleates..... 12€/40gr.

- *FROM PYRENEES, for hits and contusiones, muscular and expectorante*- antiinflammatory, it gives lightness to tired muscles, mucus expectorant (made from arnica and many others plants of the pyrenees).
- *GRANDMOTHER'S ONITMENT (for skin wounds, infeccions,...)* – for any skin problem; gash, infeccions, furuncle, herpes,...anything.

**CREAMS:** based oleates of medicine plants, bee wax, shortenings,... very nutritives, help a revitalize skin.....15€ (40gr.)

- *ALOE VERA y CALENDULA CREAM*- for eczemas, grain, spots,...for oily skin and young.
- *CALENDULA CREAM*- ideal for mature, dry skin, and children.
- *CALENDULA SHEA BUTTER CREAM*- ideal for babies, very dry, sensibles, atopics skins, dermatitis, psoriasis. Very nutritive and regenerate. Ideal for eye contour.

**FLORAL DEODORANT:** based on hydrolates, getting a nice, fresh smell. Calm irritations, disinfectant. It can also be used to clean wounds, for a space (to clean the environment, energies).....12€ (125ml)

**TOOTH PASTE:** with propolis, ideal for oral hygiene, calm and soften the unpleasant sensation of the mouth, improvement and strength the buccal area.....8€ (40gr)

- *FLORAL* – soft, flavor of thyme and sage.

**HYDROLATES (waters):** facilitate the elimination of toxic waste to the skin, purifies the organism, easy to use and several applications: cutaneous, inhalations, bathrooms, poultices, environmental diffusion,.....11€ (125ml)

- *LAVANDA*- facial tonic, to clean wounds, calm itching, headache, balances and relaxes.
- *ROSEMARY*- for muscle pain stimulating, help in mental clarity.

- **THYME**- to clean wounds and infections, eye inflammations, for neck pain, genitals, and pain in general and bad circulation.

*Health, esteem and well-being*

*Violant*

*658697415 / viularoma@gmail.com*

*Cabanya Boscana*

*www.cabanya-boscana.cat*



*Cabanya Boscana*

Cuina conscient i saludable:  
vegetariana, vegana, ecològica, d'hort propi i amb plantes medicinals  
Sala polivalent per a tallers i activitats diverses  
Jardí d'herbes remeieres, senderisme, bitllet, escalada

*Un allotjament de muntanya diferent i especial al cor del prepirineu*

C/Manresa 17 · 08619 Borredà (Berguedà)  
Cabanya-boscana.cat · viularoma@gmail.com · 658 69 74 15 · Facebook: Cabanyaboscana