



Hamamelis virginiana

Family: *Hamamelidaceae*

Parts Used: dried bark, leaves

Witch hazel has long been used as a first aid herb to counteract pain, soothe, cool and tone blood vessels. These very reasons make it a perfect herb for healing many skin conditions and inflammation issues.

Properties:

Astringent, analgesic, anti-inflammatory, antiseptic, sedative, styptic

Uses:

- internal and external hemorrhage
- sore throat, mouth sores, oral conditions and inflammation
- mild pain reliever
- cuts, wounds, bruises, burns, inflammatory swellings
- bowel issues including diarrhea and dysentery
- hemorrhoids and varicose veins
- bug bites and stings (soak bandage in extract and keep in contact with skin)
- inflammatory skin conditions, including dermatitis, eczema, rashes, acne, poison oak or ivy, hives, etc.
- itchy, irritated skin, sun burn
- aching joints and bones, arthritis, rhuematism
- sore muscles and sprains
- irritated, sore, inflamed eyes, conjunctivitis, styes (eye wash)
- facial toner (great for oily skin)

- acne, blemishes, broken capillaries

Methods of Use:

- the most common form to use witch hazel is the extract, be careful about purchasing from a pharmacy or grocery store as these contain mostly alcohol. Mountain Rose Herbs carries a true extract with only 14% alcohol.
- infusion/decoction (tea)
- tincture
- compress/fomentation
- gargle
- bath
- ointment, salve, balm
- liniment
- eye wash

In the Garden:

Perennial shrub that sheds it's leaves in the autumn and then blooms up through December.

- Plant in moist, rich, sandy or peaty soil in partial shade, but will tolerate most conditions.
- As flowers start blooming in late autumn the previous year's seed pods burst and pop out black seeds (which can shoot as far as 25 feet!). The seeds are edible and the taste is compared to hazelnuts (hence the name witch "hazel")
- Harvest leaves and twigs any time

Disclaimer: The Information contained on this handout is for educational purposes only and as a guideline for your personal use. It is not intended to replace the advice of a licensed physician. Those who follow these suggestions do so at their own risk.