

SHANTI SPA

MAURICE

Ayurveda Garden



Brahmi Leaves
[*Bacopa monnieri*]

Brahmi leaves are known to reduce mental fatigue, fight depression, stress disorders and improve memory skills.

Date planted: 27th September 2020 | Days to maturity: 2 months | Season of plant: All year | Plant origin: India

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Lavender
[*Lavandula*]

Lavender is widely known to decrease feelings of anxiety
and depression and to calm nerves.

Date planted: 27th September 2020 | Days to maturity: 8 months | Season of plant: Summer | Plant origin: Mediterranean

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Clary Sage
[*Salvia sclarea*]

Clary sage is commonly known for its capability to boost circulation, support the digestive tract, enhance eye health and combat leukemia.

Date planted: 27th September 2020 | Days to maturity: 8 months | Season of plant: Summer | Plant origin: North Africa

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Ginger
[*Zingiber officinale*]

Ginger is loaded with nutrients and bioactive compounds which support the immune system, reduce the risk of diabetes and lower the risk of cancer. It also helps prevent coronary heart diseases and assists in losing weight.

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Rose

[Rosa centifolia]

Known as the “Queen of Flowers”, roses are best known for their cooling health properties ideal for all three doshas – vata, pitta and kapha.

Date planted: 27th September 2020 | Days to maturity: 3 months | Season of plant: All year | Plant origin: Northern Hemisphere

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Neem

[*Azadirachta indica*]

Neem is widely used for promoting healthy skin and clear complexion. Its detoxifying properties make it a great immune booster, especially suited to purify blood all throughout the body.

Date planted: 27th September 2020 | Days to maturity: 1 year | Season of plant: All year | Plant origin: India

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Turmeric
[*Curcuma longa*]

Turmeric is best known for its anti-inflammatory, anti-bacterial and anti-viral properties which boost healing. It also prevents heart diseases, Alzheimer's and cancer.

Date planted: 27th September 2020 | Days to maturity: 9 months | Season of plant: Summer | Plant origin: South Asia

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Castor

[Ricinus communis]

Castor plant is generally used to treat various skin conditions and infections, to promote healthy hair and also assist in relieving constipation.

Date planted: 27th September 2020 | Days to maturity: 6 months | Season of plant: All year | Plant origin: East Africa

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Lemon
[Citrus Limon]

Lemon is high in Vitamin C and is widely reckoned for boosting immunity, in facilitating weight loss and for preventing kidney stones.

It also acts as a natural breath freshener.

Date planted: 27th September 2020 | Days to maturity: 9 months | Season of plant: Summer | Plant origin: India

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Coconut
[*Cocos nucifera*]

Coconut is particularly known to boost the immune system and is also used to protect against bladder infections and kidney diseases.

Date planted: 27th September 2020 | Days to maturity: 5 years | Season of plant: All year | Plant origin: Southeast Asia

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Fenugreek
[*Trigonella foenum-graecum*]

Fenugreek plant is best known for reducing risks of diabetes, inflammation, heart and blood pressure conditions. It also acts as a pain reliever.

Date planted: 27th September 2020 | Days to maturity: 3 months | Season of plant: All year | Plant origin: Southeastern Europe

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Rosemary
[*Salvia rosmarinus*]

A rich source of antioxidants and anti-inflammatory compounds, Rosemary is a woody perennial herb which helps to boost the immune system whilst improving blood circulation. It also helps in treating indigestion.

Date planted: 1st November 2020 | Days to maturity: 11 months | Season of plant: All year | Plant origin: Mediterranean region

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Chamomile
[*Chamaemelum nobile*]

Chamomile, a daisy-like plant, is an effective antioxidant helping to cleanse, moisturize and even heal the skin.

Date planted: 1st November 2020 | Days to maturity: 9 months | Season of plant: Summer | Plant origin: Europe and West Asia

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Ayapana herb
[*Ayapana triplinervis*]

Ayapana also known as Vishalyakarni, is classified under the category of perennial herbs. It helps in detoxifying the body and has antiseptic properties which help in healing wounds.

Date planted: 1st November 2020 | Days to maturity: 7 months | Season of plant: All year | Plant origin: South America

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Holy basil
[*Ocimum tenuiflorum*]

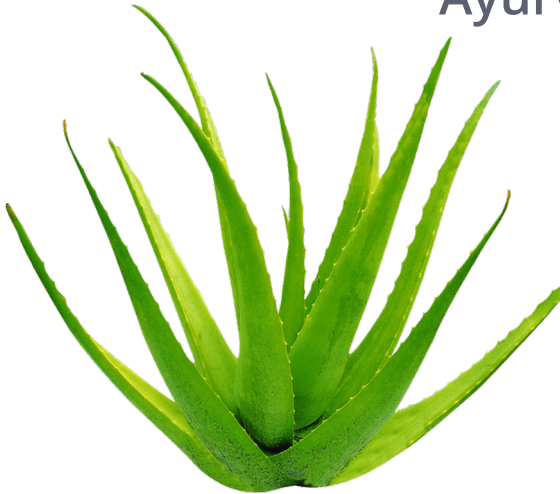
Holy basil known as Tulsi, is an anti-stress agent used as natural remedy in treating anxiety, adrenal fatigue, hypothyroidism as well as unbalanced blood sugar. It is generally effective in alleviating most varieties of respiratory disorders.

Date planted: 1st November 2020 | Days to maturity: 2 months | Season of plant: All year | Plant origin: India

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Aloe Vera

[Aloe barbadensis miller]

Aloe Vera highly benefits the digestive tract on effectively soothing/ treating an upset stomach. It also assists in pain relief and in healing sunburns.

Date planted: 1st November 2020 | Days to maturity: 9 months | Season of plant: All year | Plant origin: Arabian Peninsula

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Lemongrass
[*Cymbopogon*]

Lemongrass is a multi-functional perennial herb. It relieves stress and anxiety whilst improving confidence and self-esteem. It is also effective in relaxing the mind and induces better sleep on helping overcome insomnia.

Date planted: 1st November 2020 | Days to maturity: 4 months | Season of plant: All year | Plant origin: Asia