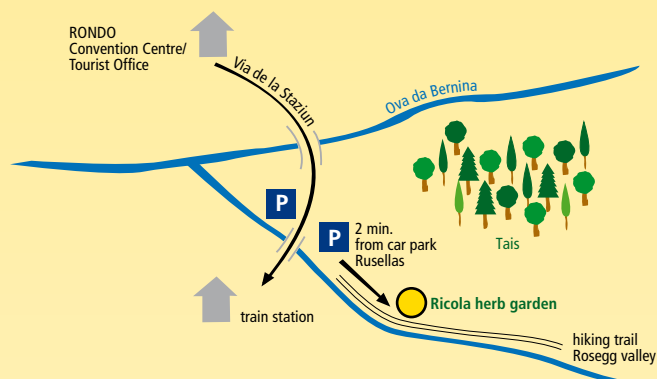


How to find the Ricola herb garden in Pontresina




The Ricola herb garden is signposted from the Rusellas car park.

High season in the herb garden

From July to September, in the mountain spring and summer time, the herbs can be admired in full splendour.

Contact

Pontresina

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The Ricola herb garden in Pontresina

Mountain climbers, hikers, families and winter sports aficionados share their enthusiasm for Pontresina, a popular summer and winter resort in the Engadine, one of Europe's most beautiful valleys.

Today, Pontresina boasts one more attraction: the newest Ricola herb garden. Located at the entrance of the Rosegg valley, it invites you to rest and unwind.

The circular herb garden is both educational and entertaining: while small signs tell you about the 13 basic herbs contained in each Ricola herb drop, a **quiz** will test your newly acquired knowledge.



Naturally effective.
www.ricola.ch



Naturally effective.
www.ricola.ch

Ricola – in harmony with nature

Ricola's Drops, Herbal Chewing Gum and Herbal Teas enjoy popularity all over the world. They owe their beneficial and refreshing effect to 13 selected medicinal herbs.

More than 100 Swiss mountain farmers cultivate the aromatic herbs in particularly favourable sites in Valais, the Emmental valley, Puschlav, Jura and central Switzerland. Ricola is recognized as a pioneer in herb growing and has committed itself to natural cultivation methods for more than 25 years. The herbs are grown to stringent standards laid down by Ricola. This guarantees that the herbs are of optimum quality and purity. **For your sake. And nature's.**

Herbs – the heart and soul of Ricola

In line with the motto "Nature is the best healer", mankind has been using a wide range of plants to treat medical conditions for hundreds of years. Although medicinal herbs are well known for the natural relief they provide from coughing and hoarseness, they are also ever popular for fresh breath.

The most important Ricola herbs

Horehound (*Marrubium vulgare*)
Provides relief from bronchial catarrh. Stimulates the appetite and gastrointestinal tract.



Burnet (*Pimpinella saxifraga*)
Stimulates secretion of mucus in the bronchia.



Cowslip (*Primula veris*)
Helps against coughs and colds.



Speedwell (*Veronica officinalis*)
Expectorant and diuretic properties.



Plantain (*Plantago lanceolata*)
Useful against coughs and sore throats and as an expectorant.



Yarrow (*Achillea millefolium*)
Useful against coughs and sore throats and as an expectorant.



Mallow (*Malva silvestris*)
Helpful against colds. Soothing effect on inflammations of the gastrointestinal tract.



Lady's mantle (*Alchemilla vulgaris*)
Constipating, anti-inflammatory and haemostatic.



Marshmallow (*Althea officinalis*)
Soothes mucous membranes, particularly in cases of dry coughs.



Elder (*Sambucus nigra*)
Helpful in cases of feverish colds.



Peppermint (*Mentha piperita*)
Helps against stomach trouble, cooling.



Sage (*Salvia officinalis*)
Helpful against gastrointestinal disorders. Anti-inflammatory and perspiration-inhibiting.



Thyme (*Thymus vulgaris*)
A disinfectant with expectorant and soothing properties in cases of coughs.

