

Everything You Need to Know About Witch Hazel, Including Home Recipes



Witch hazel (*Hamamelis virginiana*) is a deciduous shrub native to North America. It has been used for centuries by Native Americans and other indigenous cultures for its medicinal properties. Witch hazel is known for its astringent, anti-inflammatory, and antioxidant properties, and it is often used to treat a variety of skin conditions, as well as bruises, sprains, and other minor injuries.



The Ultimate Guide To Witch Hazel: Everything You Need To Know About Witch Hazel Including 7 Home Recipes

by Dynamite Books

★★★★☆ 4 out of 5

Language	: English
File size	: 485 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
X-Ray	: Enabled
Word Wise	: Enabled
Print length	: 18 pages
Lending	: Enabled



History of Witch Hazel

The name "witch hazel" is thought to have originated from the Old English word "wicce," which means "witch." This name was likely given to the plant because it was believed to have magical properties. In the Middle Ages, witch hazel was used to ward off evil spirits and to protect against witchcraft.

Native Americans used witch hazel to treat a variety of ailments, including wounds, burns, and skin infections. They also used witch hazel to make a tea that was used to treat diarrhea and other digestive problems.

In the 19th century, witch hazel became popular in the United States as a treatment for a variety of skin conditions. It was also used as a disinfectant and as a mouthwash. Today, witch hazel is still used for a variety of

medicinal purposes, and it is also a popular ingredient in many skin care products.

Witch Hazel Benefits

Witch hazel is a versatile herb with a wide range of benefits. Some of the most well-known benefits of witch hazel include:

* **Astringent:** Witch hazel is a natural astringent, which means that it can help to tighten and tone the skin. This makes it a good choice for treating acne, oily skin, and other skin conditions that are characterized by excess oil production. * **Anti-inflammatory:** Witch hazel is also a natural anti-inflammatory, which means that it can help to reduce swelling and redness. This makes it a good choice for treating bruises, sprains, and other minor injuries. * **Antioxidant:** Witch hazel is a rich source of antioxidants, which can help to protect the skin from damage caused by free radicals. Free radicals are unstable molecules that can damage cells and DNA, and they are thought to play a role in the development of a number of chronic diseases, including cancer. * **Antibacterial:** Witch hazel has antibacterial properties, which means that it can help to kill bacteria that can cause skin infections. This makes it a good choice for treating acne, boils, and other skin infections.

Witch Hazel Uses

Witch hazel is a versatile herb that can be used for a variety of purposes. Some of the most common uses of witch hazel include:

* **Skin care:** Witch hazel can be used to treat a variety of skin conditions, including acne, oily skin, eczema, and psoriasis. It can also be used as a toner or astringent to help tighten and tone the skin. * **First aid:** Witch

hazel can be used to treat minor cuts, scrapes, and burns. It can also be used to help reduce swelling and pain from bruises and sprains. * **Insect bites:** Witch hazel can be used to help relieve itching and swelling from insect bites. * **Mouthwash:** Witch hazel can be used as a mouthwash to help reduce inflammation and bleeding gums. * **Hair care:** Witch hazel can be used as a hair rinse to help reduce dandruff and itching.

Witch Hazel Side Effects

Witch hazel is generally safe to use, but it can cause side effects in some people. Some of the most common side effects of witch hazel include:

* **Skin irritation:** Witch hazel can cause skin irritation in some people. This is more likely to occur in people with sensitive skin. * **Allergic reaction:** Some people may be allergic to witch hazel. This is a rare occurrence, but it can happen. * **Eye irritation:** Witch hazel can cause eye irritation if it gets in the eyes. Avoid getting witch hazel in the eyes.

Witch Hazel Contraindications

Witch hazel should not be used by people who are pregnant or breastfeeding. It should also not be used by people with open wounds or burns.

Witch Hazel Dosage

The dosage of witch hazel will vary depending on the condition being treated. For skin conditions, witch hazel can be applied topically as a lotion or cream. For first aid purposes, witch hazel can be applied topically to the affected area. For mouthwash, witch hazel can be diluted with water and used as a rinse.

Witch Hazel Recipes

There are a number of different ways to use witch hazel. Here are a few simple recipes:

* **Witch hazel toner:** Combine 1 cup of witch hazel, 1/2 cup of water, and 1 tablespoon of apple cider vinegar in a spray bottle. Shake well and use as a toner after cleansing your face. * **Witch hazel astringent:** Combine 1 cup of witch hazel, 1/2 cup of vodka, and 1/4 cup of lemon juice in a spray bottle. Shake well and use as an astringent to help tighten and tone the skin. * **Witch hazel first aid spray:** Combine 1 cup of witch hazel, 1/2 cup of water, and 10 drops of lavender essential oil in a spray bottle. Shake well and use as a first aid spray to help reduce swelling and pain from bruises and sprains.

Witch hazel is a versatile herb with a wide range of benefits. It can be used to treat a variety of skin conditions, as well as bruises, sprains, and other minor injuries. Witch hazel is generally safe to use, but it can cause side effects in some people. If you are pregnant, breastfeeding, or have open wounds or burns, you should not use witch hazel.



The Ultimate Guide To Witch Hazel: Everything You Need To Know About Witch Hazel Including 7 Home Recipes by Dynamite Books

★★★★☆ 4 out of 5

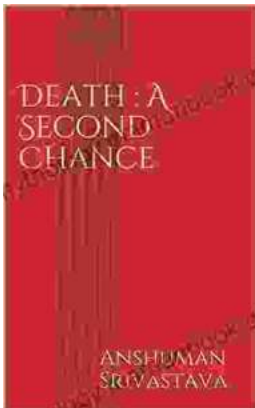
Language : English
File size : 485 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
X-Ray : Enabled
Word Wise : Enabled
Print length : 18 pages

Lending

: Enabled

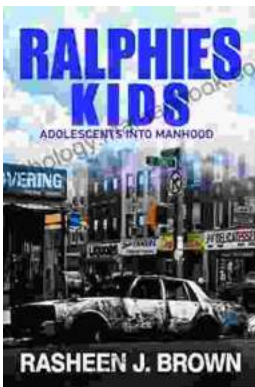
FREE

DOWNLOAD E-BOOK



Death's Second Chance: The Unbelievable Story of Cris Yeager

On July 29, 2008, Cris Yeager was pronounced dead. But just minutes later, he was revived by paramedics. He had spent more than 20 minutes without a pulse...



From Ralphie Kids to Adolescents: The Journey to Manhood

The transition from childhood to adolescence is a transformative period in a boy's life. It is a time of rapid physical, emotional, and mental changes that...