



Zeliščna lekarna
PATRA SIMONA AŠIČA
P. Simon Ašič

Herbal Tea Blends

and Other

Healing Preparations

Based on the Recipes of Monk Simon Ašič



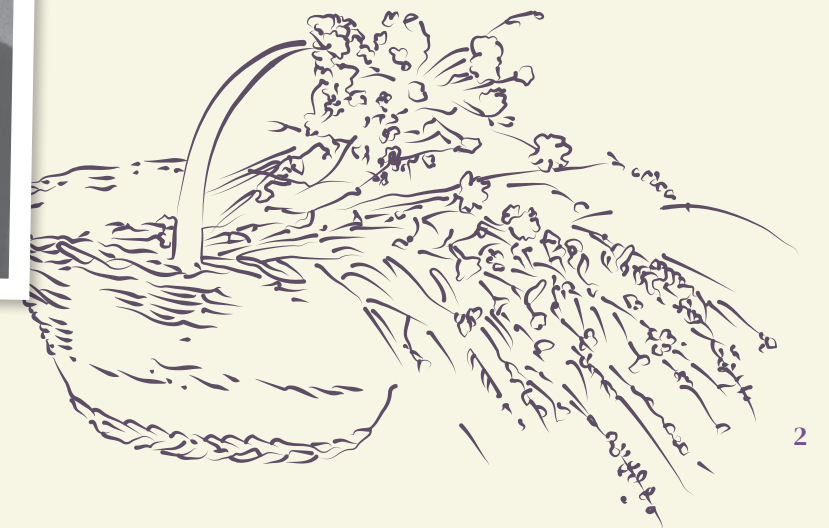
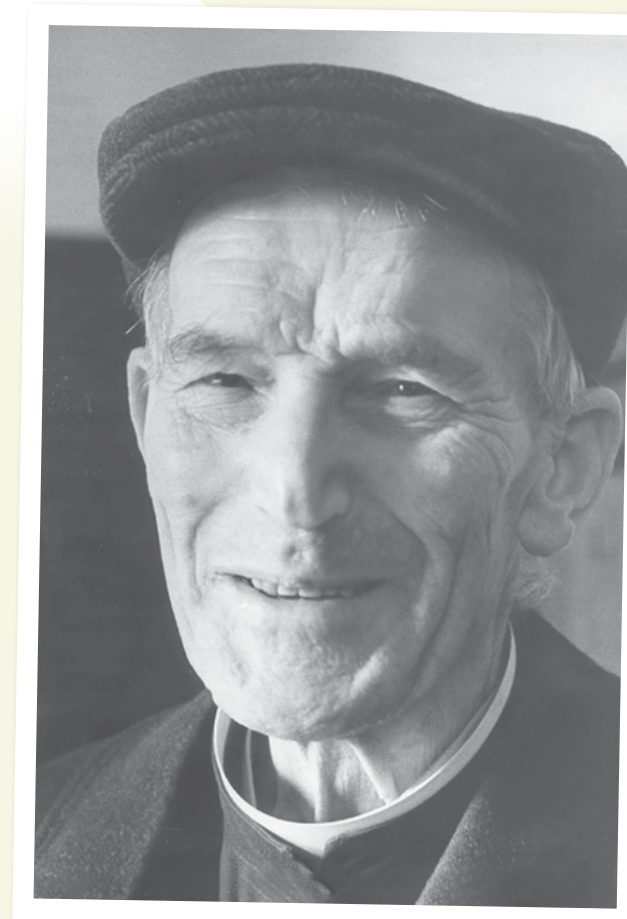
“Use herbs with attention and patience. Healing comes slowly, but when it does, it is thorough. Also, recommend yourself to God.”

P. Simon Ašič

Monk Simon Ašič

Monk Simon Ašič (1906 – 1992) is the best-known Slovenian herbalist. He lived in the monastery in Stična for 73 years, with short interruptions. He became intensively involved in healing during the Second World War, when there was a shortage of medicines and many refugees sought refuge in the monastery.

Even today, Stična is still occasionally visited by grateful visitors who have personally found comfort and good advice from monk Simon Ašič. With great kindness and patience, he gave his visitors spiritual, herbal and life advice. He once wrote: “I am most happy when people who have come to me sick, depressed and full of pessimism come back to me healthy and happy.”



Herbal Tea Blends



How to prepare the tea:

Pour 3 decilitres of boiling water over two teaspoons of the tea blend. Leave covered for 10 minutes and strain. Drink freshly prepared tea several times a day. Add a teaspoon of apple cider vinegar, if desired.

01 Za okrepitev – to strengthen

This tea blend has an invigorating effect. It is recommended for convalescents, elderly people and children to boost their immune system. Monk Simon Ašič also recommended this tea blend to regulate liver and gallbladder function.

02 Prsni čaj - for upper respiratory tract

Tea blend for upper respiratory tract is used in case of a cold and problems with airways and as help with a sore

throat, esophagitis, tonsillitis, and problems with the lungs and the oral mucosa. Chest tea supports the health of the upper respiratory tract. Monk Simon Ašič recommended such tea blend to help treat a dry cough and to strengthen the immune system after a severe cold or bronchitis.

03 DiaSIT – against diabetes

Monk Simon Ašič recommended the DiaSIT tea blend to help regulate the level of glucose in the blood and to help with

diabetes-related problems. **Attention:** drinking the DiaSIT tea regularly cannot be used as replacement for treatment with prescription medicines!

04 MirSIT – for relaxation

The MirSIT tea blend is recommended if you want to calm down and relax. The tea can also help you fall asleep. It contains herbs which have a soothing effect and reduce tension, anxiety, and irritation and contribute to optimal relaxation.

05 Postni čaj – for fasting

Monk Simon Ašič recommended drinking Fasting tea as an extra help when on a slimming or cleansing diet because of its mild metabolism-boosting and diuretic effect.

06 MetaSIT – to boost metabolism

The MetaSIT tea blend can be used to improve metabolism because it supports the liver, gallbladder and bile duct function. It also helps to maintain the hormonal balance in the body. Monk Simon Ašič also recommended this tea blend to help the digestion.

07 UroSIT - for kidneys and bladder

The UroSIT tea blend is recommended in the case of urologic problems such

as mild infections of the urinary tract, kidneys, and bladder. The nettle leaves support the diuretic function of the kidneys. Monk Simon Ašič recommended the tea blend, consisting of nettle, corn silk, birch, and horsetail herb, as help in the case of bladder and kidney diseases.

08 Za dober tek – for better appetite

Appetite tea blend supports gastric juice secretion and stimulates digestion. It works well against bloating and stomach cramps.

09 ŽoSIT – for biliary system

The ŽoSIT tea blend has a positive effect on the gastrointestinal tract and supports a healthy digestion. Monk Simon Ašič recommended this tea blend to accelerate bile secretion, relieve stomach spasms, promote liver health, and as a mild laxative.

10 Za osvežitev – for refreshment

Refreshment tea blend helps to relax and improve mood, and support vitality and the immune system. It has a diuretic effect. Monk Simon Ašič recommended this tea blend to help in the case of exhaustion, apathy and paleness, and as a remedy for diseases in old age. Refreshment tea has a mild fruity, refreshing flavour and is intended for daily use.

11 Za otroke – for children

For children tea blend contains mild herbs which help in the case of bloating, spasms and diarrhoea and promote a healthy digestion because they stimulate the secretion of gastric juices. Monk Simon Ašič recommended this tea blend also as a remedy in the case of large colon inflammation.

12 Ženski čaj – against menstrual disorders

Tea for women promotes well-being before and during the period. It also helps in the case of painful periods and relieves menstrual symptoms. Monk Simon Ašič recommended it to women with vaginitis, menstrual disorders, such as excessive or too weak, irregular or missed periods.

13 PuroSIT – for colon cleanse

The PuroSIT tea blend supports the health of gastrointestinal tract and stimulates the appetite, digestion, and a normal bowel function and movement.

Monk Simon Ašič recommended this tea blend as a colon cleanse and to help the digestion.

14 VodaSIT – for water excretion

The VodaSIT tea blend with nettle leaves increases the production of urine.

Monk Simon Ašič recommended such tea blend in the case of kidney infection, to soothe problems related to ascites, and as help in the secretion of unhealthy substances from the body.

15 PulSIT – for heart

The PulSIT tea blend helps to maintain the health and activity of the entire cardiovascular system and helps to relax and promote a good psychophysical well-being.

Monk Simon Ašič recommended this tea blend to help in the case of irritability and increased heart rate, maintain a healthy cardiovascular system, regulate the blood

pressure and improve heart activity and to help produce more urine.

16 Za dobro počutje – well-being

Well-being tea blend contains soothing herbs which promote cognitive function and well-being.

Monk Simon Ašič recommended this tea blend to people who want to improve their well-being, lift their spirits and relax, as well as to everyone suffering from frequent headaches.

17 VPresSIT – against high blood pressure

VPresSIT tea blend helps to keep a healthy heart and cardiovascular system.

Monk Simon Ašič recommended this tea blend to everyone with mildly increased blood pressure, additionally advising that

a healthy lifestyle may largely contribute to a lower blood pressure.

19 ČreSIT – for intestines

The ČreSIT tea blend stimulates and accelerates digestion, supports a normal function of the gastrointestinal system and liver and helps with stomach spasms and bloating. Monk Simon Ašič also recommended this tea blend as help with large colon inflammation, diarrhoea, gas and constipation.

20 MemoSIT – to improve memory

The MemoSIT tea blend protects the nerve cells and stimulates the memorisation processes. Monk Simon Ašič recommended this tea blend to tackle memory problems, improve blood circulation and the supply of oxygen to the brain, as well as to calm the nerves, thus indirectly improving the memory.



21 Moški čaj – for prostate

Tea for men promotes the health of the urinary system and has a beneficial effect on prostate activity.

Monk Simon Ašič recommended this tea blend as help to prevent the accumulation of the fatty tissue and to eliminate it.

22 Mamica čaj – for breastfeeding

Mommy tea supports lactation or production of breastfeeding milk and maintains a normal level of hormones in the body.

Monk Simon Ašič recommended such tea blend to new mothers as help with breastfeeding and, in general, to improve their well-being, and indirectly (via milk) also to relieve spasms in babies.

23 Proti celulitu - against cellulite

Cellulite tea blend has a beneficial effect on metabolism and helps cleanse the body.

24 HoleSIT – against cholesterol

The HoleSIT tea blend, along with a healthy diet and lifestyle, helps lower blood cholesterol. It fights indigestion and promotes weight loss.

Monk Simon Ašič also recommended such tea blend for body cleansing and to improve the functioning of internal organs, especially the kidneys, liver and spleen.

27 Pri telesnem naporu – during physical effort

This tea blend is recommended in the period of an increased physical activity because it helps to reduce exhaustion and has an invigorating and refreshing effect.

28 Čaj KRRT – to support organism health

The KRRT tea blend (nettle, dandelion, yarrow, plantain) is one of monk Simon Ašič's best known and most popular tea blends.

Monk Simon Ašič said, that "those who drink this tea will not fall ill anytime soon" because the herbs in this tea blend support the good health of the respiratory, digestive and urinary systems.

29 Nosopret – for a stuffy nose

The Nosopret tea blend helps with problems in the upper respiratory tract, supports secretion of the mucosa and has a soothing effect on the throat, oesophagus and the oral cavity.

Monk Simon Ašič recommended this tea blend to everyone suffering from problems with sinuses or a stuffy nose, as well as in the case of a cold

because it helps to open the airways and reduce the symptoms of a cold.

30 VeselSIT – fight sadness and depression

The VeselSIT tea blend helps to relax and improve the quality of sleep. It also promotes emotional balance and well-being.

Monk Simon Ašič recommended such tea blend in the case of anxiety, sensitiveness, irritability and long-term stress. The tea can be consumed while taking homeopathic medicine because it does not contain chamomile or peppermint.

31 MenoSIT – during menopause

The MenoSIT tea blend helps improve well-being during menopause and soothes the symptoms such as excessive sweating, tiredness and irritability.

Monk Simon Ašič recommended this tea blend in the case of problems with insomnia and anxiety or fear.

32 HepaSIT – for liver cleanse

The HepaSIT tea blend promotes digestion and normal functioning and health of the liver.

Monk Simon Ašič recommended this tea blend to everyone with liver problems because it promotes cleansing the liver and helps stimulate liver cell functioning and regeneration.

33 ZlatažilaSIT – for liver cleanse

The ZlatažilaSIT tea blend helps to regulate digestion, is beneficial to the intestinal flora and promotes the good functioning of the intestines. Monk Simon Ašič recommended this tea for constipation relief, reduction of haemorrhoids and to reduce itching, pain and potential inflammation.

34 VetroviSIT – against flatulence

The VetroviSIT tea blend supports appetite, healthy digestion and defecation, and at the same time helps relieve flatulence and stomach spasms thanks to its herbs which help release gas and relax smooth muscles.

35 BebeSIT – for babies

The BebeSIT tea blend is intended for babies and children who have problems with gas and stomach spasms. It is also suitable for adults with similar problems because it contains herbs that help release gas and relax smooth muscles.

36 ImunoSIT – for immune system

The ImunoSIT tea blend supports the functioning of the immune system. Drinking the ImunoSIT tea reduces the chances of developing a cold; if you already have a cold, it helps you breathe more easily and recover more quickly.

Monk Simon Ašič recommended this tea in the autumn and winter times to boost the immune system and reduce the chances of catching a virus or bacterial infection of the airways.

38 ZgaSIT – against heartburn and excess gastric acid

The ZgaSIT tea blend helps with indigestion and helps maintain an appropriate level of gastrointestinal hormones and a normal functioning of the gastrointestinal mucosa. It also relieves spasms and helps with gas.

Monk Simon Ašič recommended this tea blend to those with excess gastric acid and heartburn problems and to prevent the development of gastric ulcers and speed up their healing.

39 PutiSIT – against gout

Monk Simon Ašič recommended the PutiSIT tea blend to speed up the excretion of uric acid from the body and to soothe pain caused by gout.

The PutiSIT tea blend is also beneficial in soothing the symptoms of rheumatism.

40 NočSIT – for a better sleep

The NočSIT tea blend soothes, promotes relaxation and helps fall asleep faster and improve sleep quality.

Monk Simon Ašič recommended this tea blend to everyone who has sleeping problems, is anxious and under stress.

41 RefluSIT – against reflux

The RefluSIT tea blend soothes problems with indigestion and spasms, helps to maintain a normal pH in the stomach and a normal functioning of mucosa and of the gastrointestinal tract.

Monk Simon Ašič recommended this tea blend to everyone suffering from a reflux and indigestion. The tea should be consumed regularly, while avoiding sweet and fatty food and alcohol and coffee.

Družinski čaj *Family tea*

Family tea contains healing plants which have a beneficial effect in the case of cold and problems with the digestive tract; it also has a slightly relaxing and calming effect. It is suitable for regular use by the entire family.

Domači čaj *Homemade tea*

The Homemade tea blend contains pleasantly fragrant herbs which make up a delicious drink with a refreshing and calming effect. A warm drink which our grannies used to make.

Božični čaj *Christmas tea*

Christmas tea is a carefully prepared tea blend which is suitable for the wintertime and, especially, the Christmas time. It contains dried leaves of citruses – pineapple, lemon and orange which give it a pleasant and typical aroma. Rosehip tea supports the

functioning of the immune system and helps to natural immunity. Hibiscus and cinnamon support our vitality and help to strengthen the body, while peppermint contributes to relaxation. A perfect tea to enjoy with your loved ones during Christmas.



Drops



How to
use drops:

Take 15 drops with a cup of tea or water three times a day. Do not exceed the recommended daily intake or dosage.

Timijanove kapljice

Thyme drops

Thyme drops contain natural thyme extract which helps to soothe a sore throat and oesophagus and a dry cough. Thyme has a beneficial effect on the digestion and supports a healthy immune system.

Koprivne kapljice

Nettle drops

Nettle drops contain natural nettle extract. Nettle helps to prevent and treat a cold. It contains iron, reduce the chances of developing anaemia, and has a beneficial effect on urine secretion disorders and prostate problems. Nettle also supports the

body's immune system. When used externally, nettle drops are excellent for massaging the scalp (they prevent hair loss, help with dandruff and soothe itching).

Kapljice artičoke

Artichoke drops

The drops contain natural artichoke extract. Artichoke has a beneficial effect on reducing the LDL cholesterol (bad cholesterol) in the liver. Artichoke promotes healthy liver and liver cells, reduces bloating and improves digestion.

Baldrijanove kapljice

Valerian drops

Valerian drops contain natural valerian extract which is important in tackling physical and mental exhaustion, irritability and quick temper. Valerian is recommended in case of fatigue and mental exhaustion, irritability and quick temper. It works well in case of intestinal spasms. Valerian also promotes a healthy heart and vascular system.

Ognjičeve kapljice

Pot marigold drops

Pot marigold drops contain natural pot marigold flower extract. Pot marigold helps to support a normal liver and digestive system activity. It supports the health of the upper airways and has a soothing effect on the oral cavity, throat, oesophagus and tonsils. Calendula drops can also be used externally in case of sprained muscles, bruising, swelling and small contusions.

Kapljice KRRT

KRRT drops

The drops contain natural extracts from nettle, dandelion, ribwort

plantain leaves, and yarrow. The drops help to cleanse the body, eliminate toxins from the body and boost the immune system. They are recommended as support to a good functioning of the respiratory,

Česnove kapljice

Garlic drops

Garlic drops contain natural garlic extract which displays antibacterial and antioxidative properties and improves the immune system. It also helps to maintain normal cholesterol values in the blood and a healthy respiratory system and the liver. Garlic helps to regulate blood circulation in vessels and capillaries and reduces the sensation of heavy legs. Garlic drops can also be used externally – for stings, bites, small wounds and acne.

Kapljice vrbovca

Small-flowered willow-herb drops

The drops contain natural extract from small-flowered willow-herb, which supports the urinary system function and has a beneficial effect on prostate problems.

Kolmeževe kapljice

Sweet flag drops

Sweet flag (Calamus) drops contain natural sweet flag root extract which helps with stomach problems (gas, indigestion, stomach weakness). Sweet flag supports the normal activity of the digestive tract.

Kapljice ameriškega slamnika

Echinacea drops

The drops contain natural extract from the Echinacea root, which shortens the cold, so it is recommended to start taking the drops as soon as the first signs of disease appear – cold, cough, sore

throat, lacrimation, headache and/or muscle pain. Echinacea drops can also be taken as prevention to boost the immune system up to three weeks in a row.

Propolis kapljice

Propolis drops

Propolis is an efficient remedy for various problems in the oral cavity and the upper respiratory system. Propolis drops can also be used externally for various skin problems.

Monk Simon Ašič's propolis is harvested on special nets in an unpolluted environment and beehives or bee families where Varroa mites are controlled using exclusively bee-friendly products.

Kapljice bele omele

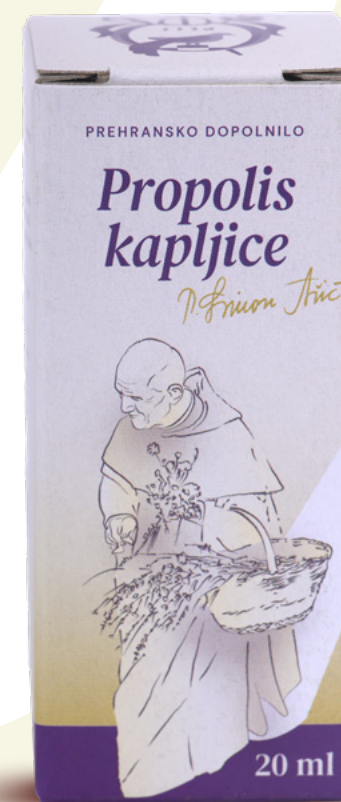
Mistletoe drops

The drops contain natural mistletoe extract which supports healthy blood vessels, regulates blood circulation and, as a result, the blood pressure. Alongside a balanced diet, it helps to maintain an appropriate physiological level of cholesterol and triglycerides in the blood.

Kapljice za lahko noč

Good night drops

Good night drops contain natural extracts from medicinal herbs (see ingredients) which help reduce anxiety and promote relaxation before bedtime, helping you to fall asleep faster and sleep better.



Ointments



Ognjičevo mazilo

Pot marigold ointment

This cosmetic product contains pot marigold flower extract. It is used as skin care on red, sensitive and dry skin. It nourishes and protects the skin from irritation and weather effects. It promotes skin regeneration and has a beneficial effect on the skin after sun exposure and insect bites. It moisturizes and improves skin structure, leaving it smooth and healthy.

Monk Simon Ašič recommended calendula ointment to improve the blood circulation and wound healing and as help in treating acne, warts, eczema, burns, frostbite and insect bites.

Mazilo za nos

Nasal ointment

The essential oils of peppermint, lemon, lavender and thyme in the ointment have an antiseptic effect. The ointment is recommended in the case of a cold, applied on the skin around the nose or on the lips.

Rmanovo mazilo

Yarrow ointment

This cosmetic product contains yarrow extract. It has a beneficial effect on tight and dry skin and is suitable for problematic skin. It nourishes and protects the skin and stimulates its regeneration. It moisturizes and improves skin structure, leaving it smooth and healthy. It protects the skin from free radicals.

Monk Simon Ašič recommended yarrow ointment to promote wound

healing and in the case of skin changes, cracked breast skin in breastfeeding mothers and even some types of psoriasis.

Mazilo divjega kostanja

Horse chestnut ointment

This cosmetic product contains horse chestnut seed extract. It soothes the symptoms of heavy and tired legs and creates a feeling of comfort and relaxation. It improves skin elasticity, nourishes and protects it and stimulates its regeneration. It has a beneficial and moisturizing effect on the skin and improves its structure, leaving it smooth and healthy.

Monk Simon Ašič recommended horse chestnut ointment as help with swollen legs, varicose veins and haemorrhoids and with bruises and swellings as a result of injuries.

Mazilo arnike

Arnica ointment

This cosmetic product contains arnica flower extract. It accelerates blood circulation in the skin, thereby stimulating its function. It nourishes and protects the skin and promotes its regeneration. It improves skin structure, leaving the skin healthy and smooth.

Monk Simon Ašič recommended arnica ointment as help with sprains, contusions and fractures to reduce swelling and redness and in the case of rheumatic problems in the muscles and joints. Helenalin in arnica has a pain-relief effect.

Krema za roke

Hand cream

The cosmetic product contains natural lavender flower extract. The hand cream protects the skin and promotes its regeneration. It improves skin structure, maintains its natural moisture and keeps it in

a good condition. The hand cream is suitable for the care of dry and cracked skin.

Mazilo lakote

Lady's bedstraw ointment

This cosmetic product contains lady's bedstraw extract. It nourishes and soothes irritated and dry skin and is suitable for problematic skin. It protects the skin from free radicals and has an anti-ageing effect. It stimulates skin regeneration, moisturizes and improves skin structure, leaving it smooth and healthy.

Monk Simon Ašič recommended bedstraw ointment as a skin care to help with skin eczema, tissue thickening and swollen glands.

Gabezovo mazilo

Comfrey ointment

This cosmetic product contains comfrey root extract. It promotes skin regeneration and is used for dry skin care. It nourishes, protects, moisturizes and improves skin structure and gives a feeling of healthy and smooth skin. Suitable for skin care in case of toe deformity.

Monk Simon Ašič recommended comfrey ointment as help with rheumatism and gout, tissue thickening resulting from rheumatism, painful spasms after amputation, wound healing and faster recovery of muscle and tendon sprains.

Clay



Glina v prahu, glinen obkladek in glina za obloge

Clay powder, Clay poultice with gauze wrap, and Clay for poultice

Clay has long been known to bind toxic substances to the body, thus removing them from the body. Warm compresses help with rheumatism and various gastrointestinal

problems. Cold clay compresses help with swelling, migraines, swollen feet, varicose veins and some heart diseases.



Čista glina za uživanje

Pure clay for consumption

Drinking clay water cleanses the entire body and boosts the immune system. Monk Simon Ašič recommended drinking clay water in case of digestive problems – stomach, bile and liver, for urinary infections, cardiovascular problems and some skin diseases. Clay does

not stay in the body, nor does it harden. Avoid consuming mineral oils (e.g. paraffin oils) at the same time. It is not recommended to consume clay if you have a very high blood pressure (clay may increase blood pressure) and in case of chronic constipation.



Apple Cider Vinegars



Monk Simon Ašič recommended the use of homemade apple cider vinegar for:

joint inflammation, headaches, sore throat, kidney disease, insomnia, eczema, herpes zoster, excessive sweating and weight loss.

He himself consumed it daily – as an addition to his morning drink and as a supplement to most of his daily meals.



Filtriran Ašičev
domači jabolčni kis

Filtered Ašič homemade apple cider vinegar

Filtered Ašič homemade apple cider vinegar is prepared from quality Slovenian apples in exactly the same way as the traditional Ašič homemade apple cider vinegar; after the fermentation, all solid particles (sediment) are removed with a special microfiltration procedure. Vinegar prepared this way keeps its good aroma and most of its beneficial ingredients and is completely clear and without sediment.

Zorjen Ašičev jabolčni kis

Aged Ašič apple cider vinegar

Natural apple cider vinegars receive a particularly noble aroma and flavour and an intense golden-brown colour during proper ageing. Aged Ašič homemade apple cider vinegar is prepared from home-grown Slovenian apples and aged in monastery cellars at least 2 years.



For all chefs and gourmets, we have also prepared:

To further enrich the homemade apple cider vinegar prepared based on monk Simon Ašič's recipe, we have added various natural additives and extracts to the vinegar:

Ašičev jabolčni kis z medom

Ašič apple cider vinegar with honey

With a 35% content of Slovenian honey, this vinegar is excellent for making all kinds of baby lettuce and morning drinks, and even as an addition to vanilla ice-cream. Ašič vinegar with honey diluted with water can be used as a refreshing drink, stimulating the vitality of the entire body.

Ašičev zeliščni jabolčni kis

Ašič herbal apple cider vinegar

Ašič herbal apple cider vinegar contains natural extract from a mixture of the following herbs: rosemary, parsley, marjoram, angelica, caraway and peppermint.

An excellent ratio of healing herbs in home-made vinegar – for excellent salads or as an addition to dough and various dishes. If used regularly, it improves digestion, helps with bloating and improves the mood.

Ašičev jabolčni kis s česnom

Ašič apple cider vinegar with garlic

For everyone who enjoys eating healthy salads with a typical garlic flavour. Ašič apple cider vinegar with natural extract from home-grown Slovenian garlic is also an excellent addition to hearty soups and other dishes. It has a very beneficial effect on increased blood pressure, increased cholesterol circulatory problems.

Ašičev jabolčni kis s čemažem

Ašič apple cider vinegar with wild garlic

Ašič apple cider vinegar with wild garlic is an excellent addition to spring detoxifying salads and seafood. Wild garlic has many health benefits as it supports the function of the cardiovascular system and helps to regulate cholesterol level. Wild garlic has a similar flavour and fragrance as garlic.

Ašičev jabolčni kis z orehi

Ašič apple cider vinegar with walnuts

Ašič apple cider vinegar with walnuts is an excellent and beneficial addition to lettuces and potato salads and hearty holiday feasts. It supports good bowel functioning and regular defecation, promotes fat and cholesterol metabolism and boosts the immune system. Due to its many beneficial effects, it is recommended to regularly consume Ašič apple cider vinegar with walnuts.

Ašičev jabolčni kis s hrenom

Ašič apple cider vinegar with horseradish

Aromatic combination of Ašič apple cider vinegar with horseradish is especially suitable for those who prefer intense aromas in salads and spicy marinades. Horseradish contains plenty vitamin C and helps treat a cold.

Other Preparations



Lučnikov sirup

Mullein syrup

A traditionally prepared syrup from mullein flowers and the primula root. Mullein soothes a sore throat, helps with breathing problems and boosts the immune system. Primula promotes the vitality of the upper airways and soothes a sore throat and oesophagus.

Stiška grenčica

Stična bitter

Our Stična bitter is prepared following the example of the "Swedish bitter" which was used by the herbalist Maria Treben in her treatments. The recipe for our bitter was prepared by monk Ašič.

The bitter is used to help with digestive problems and to stimulate appetite. The bitters present in some of the herbs stimulate the digestive cascade – through the stimulation of the taste buds, saliva starts accumulating in the mouth and digestive juices, which have an important role in food digestion, are released in the digestive system. Herbs which are not expressly bitter, but have a beneficial effect on the digestive system, such as anise, fennel, and caraway can be added to the bitter.

Šentjanževo olje

St John's wort oil

St John's wort oil is intended for external use. In traditional medicine, it is used for a variety of purposes: as after-sun care, for wounds, swellings, ulcers and skin lesions. It can be used to massage the spine and rub into the skin over the wear and tear joints. Avoid sun exposure for at least some time while using the St John's wort oil because, although rarely, it may induce photosensitivity.

Masažno olje

Massage oil

The massage oil contains sweet almond kernel oil and essential oils of caraway seeds, Scots pine needles, rosemary leaves, fir needles, eucalyptus leaves and juniper fruit.

With its pleasant and fresh pine tree fragrance, the massage oil is intended to be used for relaxing massages to provide extra comfort.

It accelerates blood circulation which works well in case of painful muscles and joints, and rheumatism.

Zeliščno razpršilo

Herbal spray

Thanks to its pleasant and natural fragrance, the herbal spray is used as an air and workspace freshener and a mild and natural insect repellent.

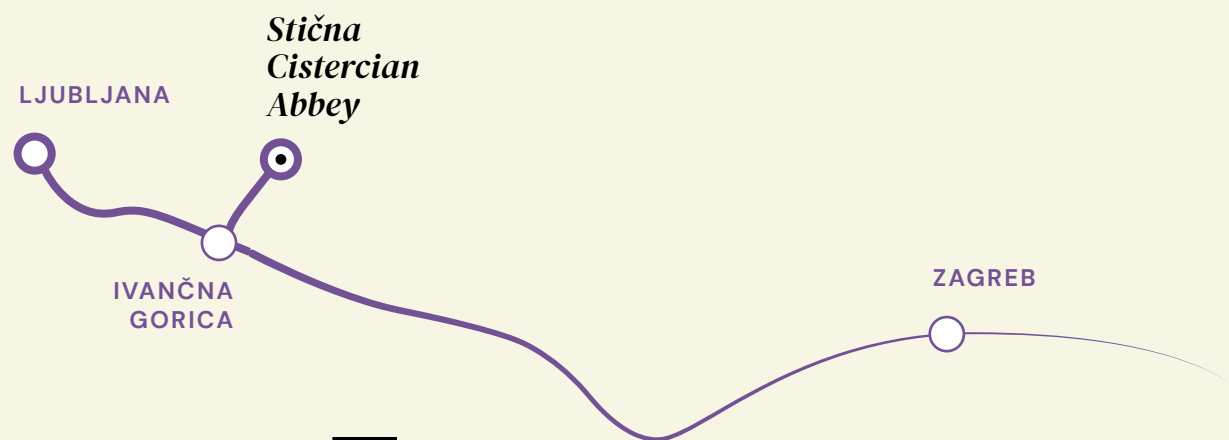


Stična Monastery

Stična Abbey is the oldest spiritual and cultural centre in Slovenia. Its origins date back to 1132, the Romanesque period.

Soon after its foundation, the monastery in Stična became the religious, ecclesiastical, cultural and economic centre of Carniola. The monastery's library preserved valuable illuminated manuscripts in Latin from the 12th and 13th

centuries. The monastery also produced the important Stična Manuscript in 1428, one of the first written monuments in Slovene language. During the reforms of Joseph II, the monastery was dissolved in 1784. After 114 years, in 1898, the White Monks returned to Stična, where they continue their centuries-long journey in the Cistercian spirit of "Ora et labora" to this day.





Sitik d.o.o.

Cistercijanska opatija Stična
Stična 17, 1295 Ivančna Gorica, Slovenija

info@sitik.si

www.pater-simon-asic.si

+386 1 78 77 065

