

Witch hazel

Botanical name: *Hamamelis virginiana*

Energetics/Actions: Bitter, neutral, astringent, anodyne, hemostatic, anti-inflammatory

Description

Many Indigenous tribes used Witch Hazel. The Osage used the bark to treat skin wounds. The Potawatomi used Witch Hazel twigs in sweat lodges to soothe sore muscles. The Iroquois made Witch Hazel tea to treat upper respiratory symptoms. Twisty Witch Hazel branches are famously used for dowsing. The Mohegans are believed to have shown the first white settlers how to use the Y-shaped sticks to find underground water sources.



Uses

Skin: Reduces inflammation and redness. Useful for acne-shrinks pores and soothes skin.

Hemorrhoids: Treats itching, swelling and pain.

Dose

Sitz bath: Pour 1 quart strong decoction of bark and twigs into 1 gallon lukewarm water and sit for 20 minutes.

Liquid extract: Externally for varicose veins and hemorrhoids.

Compress: Very soothing and healing for hemorrhoids.

Safety information

Generally safe when used topically. Witch Hazel can be used internally in small amounts but its high level of tannins can cause stomach pain and vomiting.