



Information about the Environment and for travellers in Crete:

**The somewhat different pharmacy:
Marianna's Herbal shop in Maroulas / Rethymno**



The mountain village Maroulas is located approximately 5.5 miles from Rethymno and can be reached from the national route (Rethymno - Iraklion). Therefore one drives eastward (Iraklion) and takes the branch following the branch Platania, right to the south (into the mountains). In addition, one can drive on the "Old Road" Rethymno - Iraklion" to Maroulas (signposted). This direction leads under the national route through to the same way. In Maroulas one parks best "before the village" or drives through over the very close, winding main lane (past Marianna's herb shop past) of the mountain village up to a parking lot at the end of the small village. It is advisable to explore this worth seeing place "by foot".

The curative power of herbs in Greece goes back to HIPPOKRATES (the "father of the medicine"); he taught his pupils already 400 BC in the use of herbs, among others as pain and cures. But also the Greek "Pharmacologist" and "physician" DIOSKURIDES (1st Century) wrote his knowledge down in the work "De Materia Medica"; in this approx. 500 vegetable cures, which could be won from officinal plants were described. This book is the oldest delivered description of herbs, which is retained. In Minoan Crete one maintained "applications of flavours" and Crete was already and is still known for its many, wildy growing (medicinal) herbs; the botanical medicine has a long tradition on Crete



In Maroulas Marianna's herb shop doesn't go without notice; it is the only "blue house" (see fig.) at the "main street" of the village. "Marianna's Workshop" (as it is called by her) is probably uniquely on Crete, and also probably one of few in completely Greece. The studied psychologist has herself occupied for many years with the herbs and - methods of their Greek ancestors (and other old peoples) and has acquired an extensive knowledge about Cretan welfare plants and their effect - and manufactures botanicals both for welfare purposes and for the stabilization of the bodily functions. The basic substances for these botanicals are won from "by hand" collected herbs of the environment by Maroulas, which is still free from chemical arrears and environmental influences injurious to health. The production of these products and their effect are already known since ages and help to restore the psychological and physical equilibrium; further detailed information's about the production and processing of the products can be found at: www.maroulas.info/html/krauterladen.html.

At the correct time and "harvested" (and dried) in traditional way there are Tee's, oils (natural excerpts from herbs and fruits on the basis of almond and olive oil), cream, ointments and much else more available in Marianna's herb shop. One cannot only buy Marianna's products in Maroulas; Marianna dispatches the articles also by post. Likewise information about the extensive assortment or the "house folder" (with description of article, application and impact of the products) is callable under

Marianna's Workshop
Maroulas, Rethymnon
74100 Crete, Greece.

Tel.: 0030 / 2831072432
e-mail: mariannas@acn.gr



Some samples of Marianna's product line:

Bitter almond oil – helps with the cleaning of the skin, works against pigment disturbance, freckles and asthma.

Amber oil – Balsam; a home remedy well-known from age. Its used for rheumatism and with muscular pains. It is the strongest and most effective natural cure against depressions.

Lavender oil – strengthens the immune system, is antiseptic with insect bites and skin inflammations, works stress mitigating, retarded the aging of the skin, ideally with fire wounds; Antidepressant.

Marjoram oil – very effective painkiller for Arthritis, for common cold and asthma. Against sleeplessness, nervous excitation conditions, migraine, headache and blood high pressure. Vasodilating.

Pine oil – is added to hot water to relieve all kind of pain, weakens physical exhaustion, muscular pains, cold and flu.

Thyme oil – works at irritations of the respiratory tract and inflammations of the throat and the nose, opens the airways and the nose; helps against greasing hair and greasing skin.

The pictures show views in Marianna's shop

By the way Marianna makes also an active contribution to environmental protection on Crete: a product bought is packed in a handcrafted self-made, with natural products decorated paper bag (see picture) – and not like as otherwise customary on Crete – in a plastic bag which is available (even for very small items) in every supermarket (sadly for free).

Pictures: (5635, 5636, 5639, 5640/29.07.2005) *U. Kluge* / (5385, 5400/29.07.2005) *H. Eikamp*

