

OUR BACKGROUND

Our shop was established in Rome in 1894 and has since been managed by four generations of the Nardi Family. They began by importing and selling herbs and medicines. Over the years, our increased knowledge of the plant kingdom has helped us create commercial relations and exchange experience with the most important Abbeys throughout Italy. We currently represent and commercialise products from most of the Monastic Orders in the country.

The following products are therefore the result of centuries of experience, cultivated wisdom, humble devotion to Nature and pure monastic tradition and are appreciated throughout the world for their quality and genuineness.

A combination of the experience gained by our family and Ai Monasteri involved, the ancient formulas which our ancestor, Domenico, discovered after years of working with herbs (he was a doctor who took part in the very first expeditions to Eastern Africa) and his contact with tribal cultures, observing the plants they used, which were then exotic though nowadays commonly used, led him to creating products with excellent reputations. These products are still on sale in our shop, created using his original formulas and, above all, his techniques.

We have a long, fascinating past that continues to thrive in this modern day. If you sit down to read an ancient illuminating manuscript, you can almost imagine being there, in a normal cell in an ordinary convent, sitting alongside a Friar while he records his scientific findings.

Following the long period of middle-age obscurantism, the only link we had to the great wisdom and knowledge of past civilisations came from Monastic Orders. They committed themselves to researching, preserving and passing down the mainstays of our culture, an extremely important part of which is taken up by botany, pharmacy and medicine.

Thanks to all the work these modest and obscure Monks carried out, we can continue to learn more in this field.

These Monks were the guardians of our culture as well as the central and co-ordinating pole of all art, especially the art of medicine. Protected by the shadows and safe walls of ancient monasteries, the Monks used their herb infusions to offer not only spiritual, but often miraculous comfort to the sick.

Their knowledge, experience and almost divine contact with Nature ensured that they were able to recognise and use medicinal plants in a masterful and competent way.

Ancient Schools of Medicine, such as the one in Salerno (1100) and Schools of Surgery, such as the one in Preci (1300), still take full advantage of knowledge passed on by Monks.

Monks began to use other galenic methods rather than infusion so that curative products could be preserved longer and easily transported. There was no chemistry as such at the time (this science was discovered many centuries later), but they began to experiment with distillation (essences, liqueurs, concentrates), using more reliable components and excipients such as alcohol (alkoholates, elixirs, extracts, liqueurs) and to blend various ingredients, thereby creating extremely therapeutic mixtures

It was their conservatism that ensured that active molecule chemistry remained outside the convent walls, while natural excipients were developed and that the figure of a silent Friar combing the forests for officinal plants immersed in the peace of the Monastery can still be seen today without appearing old-fashioned.

It was their way of looking on life as "continuum" that ensured we still have the chance to use products that are as genuine and tasty as hundreds of years ago.

THE MONASTIC ORDERS OF YESTERDAY, TODAY, AND TOMORROW

The large order of the Benedictine exists, in which most of the monastic community considers as their leader. They are formed by numerous gatherings – a combination of monasteries – that have a deputy head to a monastery. The monk is a man for which the connection with God is what counts most in life. The prayer is the connection privileged to live this connection.

Several times a day, in Eucharistic and common prayer, he prays out loud together with his brothers, gathered in the church of the monastery. But the monk also prays alone, in silence, nourishing the actual prayer with the Divine Lectio, an interpretation of a reading in the Bible, in which the text is welcomed as if it were a personal message, and not of the object of study: "nevertheless the Lectio Divina embraces with much breadth the Fathers, Tradition, examples and doctrine of the holy, reflection always alive in the Church in the course of the century," this the heart of the traditional Benedictine. The moments of solitude with God are as essential to the individual monk as the moments in public.

San Benedictine affirms that to be "true monk" it is necessary to live from the works of your own hands. In this Rule he establishes with care in what times the monks have to "to await the things of God" and what will be dedicated "to the necessary work." The varied communities are organized in such a manner that each can collaborate to the common good, according to their offerings and capacity. The intense activities, destined to provide public needs, can grow in varied areas: liquor, typography, library, sacristy, development of the monk, and intellectual search. The tradition states that monastic orders are not represented only from prayer and meditation, but utilizing the following the rule: "Ora et Labora," ("*Pray and Work*") through its work, the monk raises its prayers to God.

LIQUORS AND DISTILLATES

Our liqueurs are the result of hundreds of years of experience and careful study in the plant kingdom, completely hand-made and packaged using only natural products. Therefore, each bottle is a collector's piece.

These liqueurs embody the taste and genuineness of the homemade products that are still so much part of Italian liqueur-making tradition and of the singular liqueurs that monks made by hand utilizing ancient formulas and techniques handed down throughout the years.

AMARO (28 proof)

This is made from special aromatic and officinal plants and is a great help with digestion especially after a large meal or merely a pleasant end to one. It may also be sipped with ice and soda water and enjoyed as an aperitif.

ANISETTA (38 proof)

This rather special aniseed - and star aniseed - based liqueur is made using a special extraction technique discovered by monks in the 15th century. It is a digestive liqueur that helps ease that full feeling, while acting as a pick-me-up for the spirit at the same time. It is usually drunk straight, with or without ice, as an after-dinner or dessert liqueur. However, it can also be diluted with water to make an excellent thirst-quencher or pick-me-up, added to fruit aperitifs, alcoholic aperitifs or used to enhance the flavour and delicacy of desserts.

ELIXIR DI CAMOMILLA (30 proof)

This is a delicate liqueur made from an infusion of camomile flowers. The infusion's concentration makes it both an effective after-dinner liqueur and a soothing drink.

CENTERBE (30 proof)

This liqueur has a long tradition dating back to between the 15th and 16th centuries when Schools of Medicine praised something called "Terriaca Universale" (a product comprising 99 medicinal ingredients). It is a full-bodied, bitter after-dinner liqueur and excellent for digestion purposes.

CENTERBE (60 proof)

This is created using the same formula as above, although it contains a higher alcoholic content.

CHERRY BRANDY (30 proof)

This is a delicate and aromatic liqueur that fills your glass with the fragrance and aroma of Italian cherries. It is usually used as a dessert liqueur or to enhance the flavour and delicate taste of ice cream, fruit aperitif or desserts.

ELIXIR DI LUNGA VITA (28 proof)

"Elixir di Lunga Vita" (Long Life Elixir) is not just a metaphor. As we all know, eating well and digesting better are the ways to a longer life. This elixir will help you slow down the digestion process. One small glass after meals makes sure you can enjoy the meal to the fullest extent.

ELIXIR ERBE DELLA SALUTE (28 proof)

This is a sugar-free liqueur, bitter, though not too much. A correctly balanced dose of officinal plants ensures it helps digestion and also makes it a pleasant, though slightly bitter, drink.

ELIXIR AL MIELE (30 proof)

This extremely delicate and sweet liqueur is made from honey from our hives and is suitable at any time of the day, especially during those long, cold and interminable winter days.

ELIXIR DI CAFFE' (33 proof)

Monks created this extremely pleasant, aromatic and fragrant liqueur with extract of Arabian "Coffee" beans.

Each litre of liqueur contains 200 grams of mocha coffee and each small glassful provides the same strength and energy you find in a good "espresso."

GRAN RISERVA (45 proof)

The sheer pleasure of a brandy made with great care and Italian traditions, left to age in oak vats. This drink has the strength and full body of a great liqueur and a decisive, aromatic taste.

MANDARINO (35 proof)

Sweet, delicate, fragrant mandarins from Sicily are the primary ingredients monks have used their know-how and careful attention to create this extremely light liqueur with.

NOCINO (30 proof)

This rather special walnut husk-based liqueur has been created using a special extraction technique. It is a digestive liqueur that helps ease that full feeling, while acting as a pick-me-up for the spirit at the same time. It is usually drunk straight, with or without ice, as an after-dinner or dessert liqueur.

However, it can also be diluted with water to make an excellent thirst-quencher or pick-me-up, added to fruit aperitifs, alcoholic aperitifs or used to enhance the flavour and delicacy of desserts.

SAMBUCA (40 proof)

This aromatic liqueur is made from elderberries and is both a refreshing drink and a great help to digestion. For centuries Monks have been aware of and used the excellent digestive and thirst-quenching qualities of these delicate, bittersweet, white flowers. It is usually drunk straight, with or without ice, as an after-dinner liqueur or used to lace espresso or barley coffee. It can also be diluted with water to make an excellent thirst-quencher or pick-me-up, added to fruit aperitifs, alcoholic aperitifs or used to enhance the flavour and delicacy of desserts.

AMARETTO DEL CERTOSINO (30 proof)

This vintage pleasant-tasting liqueur is made from bitter almonds. It is perfect in aperitifs, added to fruit aperitif or ice cream or even with tonic water and ice on hot summer days.

ELIXIR DI LUNGA GIOVINEZZA

This liqueur ("Elixir for Longer-lasting Youth") has been created to help you keep fit and strong, face life with the right kind of determination and, above all, as a good digestive. It will not actually keep you young, however it will almost certainly help keep old age at bay.

LIMONCELLO (30 proof)

This is made from an infusion of lemon rind. Its wonderful taste and smell come from the essential oils it contains. Its traditional extraction technique ensures it is an excellent product, both unique and inimitable. It is best drunk chilled or with ice and is excellent added to fruit aperitifs and ice cream. It is also a pleasant, light digestive.

MENTUCCIA (40 proof)

This liqueur comes from an infusion of Roman pennyroyal, a delicate, aromatic herb. It is sweet, an excellent digestive or pleasant afternoon drink.

ELIXIR DELL'AMORE (30 proof)

The formula and modus operandi used for this "Love Potion" dates back to the 16th century. It was rediscovered in the "Ricettario Senese" (Sienese Book of Prescriptions) by one of our ancestors at the end of the 19th century. Only ten bottles of this exclusive liqueur are made each year, as it requires an extremely careful, drawn-out process. People were told to drink this elixir when they were not in the mood for love to arouse desire and give them energy. It is made by carefully adding officinal plants during the long distillation process, making this drink extremely tasty and effective.

ELIXIR DELLA FELICITA' (30 proof)

Happiness is quite easy to find. Sometimes, often by chance, our thoughts return to the past and we remember and re-live happy moments. Sitting in a comfortable and quiet corner of your home in a peaceful moment with a glass of this herbal liqueur in your hand will almost certainly help you to dig up such lost moments.

LIQUORE MAGICO 30°

"Magic Liquor" is so defined because it expresses all the magic of a single liquor, agreeable, fragrant, from fine meals to desserts. In other words, it goes really well with the magic of a special day.

ELIXIR AL CAFFE' D'ORZO 28°

This liquor is fragrant, agreeable and original. Its special aroma is of that of anise resulting in an excellent digestive and an ideal liquor for the afternoon. Studied by those who do not tolerate coffee, but have the desire to drink something similar to it.

AMBROSIA CONSOLATRICE 30°

Also defined as: "Nectar of the Goddesses," it is created by an amalgamation of cold honey, cinnamon shavings, cloves, and the outer layer of a lemon. Was this the drink so praised by Plateaus? Whoever experiences the taste would be tempted to say "yes." When you draw the liquor near the lip, be prepared to feel the kiss of Venus. Drink it for an energetic boost.

LIQUORE DI FINOCCHIO 22°

This is the liquor of four seeds, agreeable and light. Taken after the meal it results in carminative and allows for a smoother and easier digestion. This liquor is best consumed fresh.

ELIXIR DI ANICE 28°

It is not an anisette, but a true and actual elixir of anise, rich and penetrating, sweet and fragrant, improves digestion, and can be added to coffee for extra flavouring, which also freshens the breath.

CHINA TONICO 28°

Ancient formula of spices and loyally reproduced, it is an excellent tonic, improving the digestive process; its bitter and sweet aroma make this a unique drink in its class.

UNA TANTUM (?)

This is called "Tantum" because it is not always available and it is independently unique in its development; the combination of different fruit elements represented from their availability in the laboratory. It is an indefinable liquor of which we ensure genuineness, taste and desire. At times, the unknown delivers fascination and pleasant surprises.

RATAFIA' 28°

This is a liquor obtained from the maceration and fermentation of the cherries that has come into contact with sugar; it results in a sweet liquor, delicate and rich in flavour – as if your eating a fresh, juicy cherry.

BALSAMO FRANCESCO (48 proof)

Records from the Franciscan Friar Convent of "S. M. of the Paradise" in Viterbo show that this liqueur dates back to the year 1400. These monks produced it as to "WITTY LICORE" ("Spiritual Liqueur") to make up for the lack of medicines at that time and help the poor illiterate folk with no other means at hand. Over the years, the reputation of this balsam grew to such an extent that it was included in the "OF SIENNA RICETTARIO" (Sienese Book of Prescriptions), the first-ever pharmacopoeia to drinks published (in 1500) which listed curative products, their properties and how to take them. The "OF SIENNA RICETTARIO" had this to say about this balsam: "Experience has demonstrated how effective and universal this excellent and precious balsam is."

ELIXIR ALOE 18°

Aloe arborescens, honey

This is an amalgamation of Aloe arborescens and honey, inspired by the original prescription of Sister Maria Zatta. Tonic and delightful, the officinal qualities of the Aloe are biologically beneficial.

USE: shake well and take a spoonful of it 20-30 minutes before meals.

ELIXIR ALLA LIQUIRIZIA 24°

From an ancient family formula, when they used to liquefy the pure juice of the liquorice to deliver a pleasant liquor of a particular flavour. An excellent digestive, but also enjoyable for the afternoon.

MONTESENARIO

("Servants of Mary")

The monastic community of the Servants of Mary moved forward and continued the liquor production tradition that has been traced over the last centuries and has represented a magnificent means of communication throughout history.

GEMMA D'ABETO (30 proof)

This is an aromatic liqueur made from an infusion of fir-tree buds and other officinal plants. It is perfect added to espresso or desserts.

AMARO BORGHINI (32 proof)

A traditional bitter liqueur made using an age-old infusion of medicinal herbs.

ELIXIR CHINA (32 proof)

This pick-me-up is made from chinaroot and has a pleasant bitter taste. It is a great digestive liqueur.

ALKERMES (26 proof)

This is typically used as a dessert liqueur and, in the past, was used to flavour cakes and ice creams. It is different to other liqueurs as it is made solely from an infusion of aromatic herbs.

VALLOMBROSA

(Vallombrosa Benedictine Monks)

..."Vallombrosa, this was the name given to a rich and beautiful Abbey offering religion and courtesy to all who visited"

Ludovico Ariosto

The ancient tradition of the Monk Vallombrosani, following the suggestions of the rule:

"Ora et Labora"

("Pray and Work")

There has been a revolt in the last centuries with the care of souls and those ill, in the years in which the only pharmacological comfort came from the empirical knowledge of the Simple. The Monks had distinguished themselves through tradition and culture, but especially because they were the trustees of ancient knowledge for the preparation of medicines, potions, balsams to soothe, and to resolve the illnesses of the time. Prior to 1780, the year in which Father Rimbotti, doctor and professor, had founded the Pharmaceutical Laboratory of S. Trinità in Florence, they had been in continuous search, not only for the empirical, but also scientific.

The ability to be able to preserve in time and to render transportable the products used for treatment, which persuaded the monks to use different galenic forms from the infused. In scarcity of chemistry (science was discovered only centuries afterwards) they began to experiment with distillation (essences, liquors, concentrates), to use channels and more stable eccipientes, such as alcohol (alcolati, elixir, extractes, liquors), to combine some of the varied elements to create synergies of significant therapeutic effect. Today that structure as such, no longer exists, since it was old-fashioned and darkened from the advancements of chemistry, the products of synthesis, and modern scientific research. Although those ancient medicines no longer exist, the ancient formulas remain, and based on these recipes the Monks reorganized their work and today still produce liquors and cosmetic products that refer back to those ancient traditions. They are the fruits of careful work with officinal plants, using methodical and traditional machinery, representing the synthesis of centuries of knowledge, devotion to work, scrupulous attention to ingredients, and meticulous preparation.

LIQUORE VALLOMBROSA (37 pr.)

This is an aromatic digestive tonic made from an infusion of rosins and balsams found around the Abbey. It has a pleasant aroma and taste that can be enjoyed by even the most demanding connoisseurs.

AMARO 80 (30 proof)

This is a pleasant and effective bitter liqueur made of wild officinal plants and bitter essences. It is an extremely useful and pleasant way to help you digest a large meal.

DRY GIN VALLOMBROSA (47 pr.)

...".....this aromatic liqueur was made with an infusion of fragrant juniper berries....." was how a wayfarer in the last century described "Dry Gin di Vallombrosa." It is made from ripe juniper berries growing without any pesticides in the Vallombrosa underbrush. It is perfect for lacing coffee, tea or other drinks and exquisite in aperitifs.

ELIXIR ERBE DELLA SALUTE (38 pr.)

This is a pleasant liqueur prepared using an ancient formula of aromatic plants with excellent medicinal qualities. It is exceptional as both an aperitif and digestive and can be added to water before meals or drunk straight after meals. Added to a glass of ice-cold water, it is a perfect thirst-quencher and, added to espresso coffee, it creates the perfect alliance between two substances that are aromatic and stimulating by themselves.

CAMALDOLI

(Camaldolite Benedictine Monks)

Camaldoli has thousands of years of history.

To follow Camaldoli in history is like following a grand adventure of the spirit, lived by monks and from touché nuns from an enormous love of God, provoked from the example and by the teachings of San Romualdo (+1027). These are people and communities capable of amazing leaps and losses.

The Sacred Retreat and Monastery of Camaldoli are immersed in a millennial forest in the Tosco-Romagnolo Apennines. A scenery of extraordinary beauty that infuses quietness and expands the spirit. It is the image of history and of the spiritual identity of Camaldoli.

Founded between 1024 and 1025 by San Romualdo, monk Benedettino (+1027), sinks his roots in the ancient monastic tradition of the Christian East and West that are recognized in San Benedetto (5th – 6th centuries).

Camaldoli unites the communities with the solidarity of the life of a monk, expressed respectively in the Sacred Retreat and Monastery that form only one community. The traditional coat of arms, formed with two doves that water themselves in the same goblet, symbolically express the communion in the diversity provided by the relationship with God.

In the broadening of the community, even the Monastery of San Gregorio to the Celio in Rome is today partly integrated in the community of Camaldoli.

AMARO TONICO (21 proof)

This is a natural digestive with a perfect blend of miscellaneous tastes created using just the right amount of citrus and bitter substances and Alpine herbs, topped off with a very aromatic mountain coffee.

ELIXIR DELL EREMITA (27 proof)

A hint of citrus harmoniously mixed with aromatic ingredients along with a light touch of mint give this elixir its pleasantly fresh taste.

LACRIMA D'ABETO (33 proof)

This liqueur has a moderately aromatic taste from the alpine herbs and aromatic mountain plants used.

LAURUS (48 proof)

A shrewd blend of aromatic and balsamic herbs, together with citrus fruits and camomile make this an excellent after-dinner liqueur and a perfect flavouring for espresso coffee, ice cream and thirst -quenching drinks.

AMARO RABARBARO (12.5 proof)

A low-alcoholic digestive, tonic, pick-me-up liqueur made from an infusion of 24 different herbs: Chinese rhubarb, masterwort, camomile, quassia, myrrh, centaury, artichoke, Marian thistle, elderberry, gentian, bitter and sweet orange, aromatic calamus, officinal sage, zedoary, cardamom, ginseng, radish, guarana, wheatgerm, tonka-bean, soya bean and eleuterococcus.

It is made using the original formula for alcohol-free Rhubarb Bitter Liqueur from the “Antica Farmacia di Camaldoli” (Ancient Camaldolite Pharmacy), enriched with additional officinal plants. It is a pleasant liqueur comprising just the right blend of flavours. “Amaro Rabarbaro” is a great digestive and stimulant and its low alcohol content means that those who should not drink strong spirits can also enjoy it.

It is a perfect after-dinner digestive when drunk straight and an exceptional aperitif when added to fizzy water or tonic water.

MONTEFANO

S. SILVESTRO ABATE MONASTERY

(Sylvestrian Benedictine Monks)

The Benedettini Silvestro Monks of S. Silvestro Abbot traditionally have always cured others in order to be consistent with the rule: "Ora et Labora," (*"Pray and Work"*) the relations with humanity through prayer, spiritual comfort, and material help. Their work, resulted from centuries of studies on empiricism and wisdom, is articulated in the education and training of the youth, through studies, with the care of their vegetable garden, and especially with the care of man. Their century tradition created the deposits of formulas and products that are still reproduced to the ancient makings of the time. Their reliability, ethics, experience, and in particular, devotion that still stands today, can be appreciated as the fruits of the their labor.

ELIXIR ALLA LAVANDA (30 proof)

This is a digestive liqueur made from an infusion of lavender flowers. It is a pleasantly bitter after-dinner liqueur that helps counteract flatulence and improves digestion, leaving a pleasant aftertaste that lasts for hours.

ROSOLIO ALLA LAVANDA (30 pr.)

This is a sweet and aromatic lavender liqueur made from an original formula used in homemade rosolio recipes. This apparently strange blend is an extremely pleasant and healthy drink, usually drunk as a dessert or afternoon liqueur, added to ice cream or diluted with water to make a pleasant and aromatic drink.

AMARO BENEDETTINO (28 proof)

This excellent liqueur is characterised by its special extraction technique, discovered by monks in the 15th century, and meticulous choice of herbs and is excellent as both a digestive and aperitif.

AMARO DI S. SILVESTRO (28 proof)

The locals called this age-old liqueur "Silvestrino." It is made from aromatic and officinal herbs typically found around Montefano. Its long history makes it a unique product, aromatic and pleasant to drink and the perfect end to any meal.

NOCINO 30°

The walnuts of Montefano are particularly noted for their dimensions and taste, small with a crystal clear kernel, they are born in mountainous areas, cold and trodden from the wind, spontaneous, non-cultivated, they give their fruits to the monks that patiently collect them as they use the "mallo" (the external part of the fruit) to attain this unique liquor. An excellent digestive and superb liquor for desserts; very enjoyable.

AMARISSIMO 28°

This is an unusual liquor that comes from the soaking, in the cold, of medicinal plants without adding other substances, completely free of sugar or sweeteners; is an excellent digestive that expresses, without artificial flavouring, all of the taste and qualities that relate to the first harvest.

VINI LIQUOROSI DEL MONASTERO

Following an ancient technique, the monks tried hard to produce, given the poverty of the times, high quality liquor-wine for themselves and others. There were able to create it by using their premium production of common wine, officinal local plants, and honey. This combination, precisely measured out, changed its taste and rendered it a pleasant dessert wine to drink by itself or to accompany dried sweets and candied fruits.

VINO AROMATICO NERO (Black fragrant wine)

Excellent red wine, fragrant and strong. It could be enjoyed as an aperitif, as the presence of absinthe and cinnamon excite the aperitifs and digestive qualities.

VINO CORDIALE (Jovial Wine)

Agreeable, fortifying, and excellent after a meal; a wonderful substitute for "Vin Santo" (Holy Wine). Drink with dried sweets or dried fruit.

BASSANO ROMANO

S. VINCENZO MARTIRE MONASTERY

(Sylvestrian Benedictine Monks)

AMARO DI S. VINCENZO (28 pr.)

This liqueur is made from typical officinal herbs growing in the countryside around Rome. It is an excellent digestive, though pleasant to drink at any time of the day.

CASAMARI ABBEY

(Cistercian Monks)

The abbey was built in 1203 and consecrated in 1217. It is one of the most important Italian monasteries of cistercian gothic architecture.

The Cistercians' endeavour to prepare herbs and potions for therapeutic purposes is as ancient as its Order. They were always dedicated to produce inducements, ointments and syrups for the care of those troubled and ill, for themselves, for the pilgrims, and for whoever else knocked on the door of their monastery. During the first period, the activity of the liquoreria was tightly bound to the pharmacy, as the products that required the use of alcohol were directed to the care of the ill. It wasn't until later that they considered to improve the flavour and taste of the liquor. In Casamari, the region had a penchant in 700 and 800, to gradually diversify the medicines and liquors while improving certain features, which have been passed on to today and are now considered traditional. It has been sought after with meticulous persistence to improve the aroma and taste of certain products and to vary the quality in such a manner to offer the customers, more numerous and demanding, something that tasted pleasant. Special merit in these efforts goes to the brilliant Eutimio Zannucoli, administrator of Casamari during the second half of the 19th century. He began working on the grounds of the monastery, nearby the torrent Amaseno, to cultivate sugarcane, from which the molasses was extracted for the production of fine Rum. Subsequently he invented the famous Imperial Dye. It was due to his patience and tenacity to experience and try again until satisfied for which he created: Elixir San Bernardo to the rhubarb, Rosolio Stomatico to the mandarin, Rosolio to the Coffee, Sambuca to the anise, "millefiori" Grand Casamari, etc.

FERROCHINA COMPOSTO (25 pr.)

This is a great tonic, bitter and enriched with iron.

ELIXIR SAN BERNARDO (27 proof)

This is a bitter digestive tonic and an excellent aperitif. It helps relieve difficult digestion, constipation and hunger pangs.

ELIXIR SETT'ERBE (47 proof)

This is a dry bitter liqueur to help digestion.

GRAN LIQUORE CASAMARI (38)

This is the traditional speciality of the Cistercian monks in Casamari. It is a smooth and delicious liqueur, suitable at any time of the day. Its excellent blend of ingredients make it extremely tasty and, diluted with water, it is a great thirst- quencher.

CEREATE LIQUOR (38 proof)

This is an excellent liqueur for special occasions.

RHUM FANTASIA (65 proof)

An excellent aperitif rum with a pleasant aromatic taste.

TRE GIGLI (54 proof)

An autochthonous brandy, in no way inferior to those produced in France.

ROSOLIO STOMATICO (32 proof)

This is a pleasant-tasting digestive and stomatic liqueur, excellent for the stomach.

ROSOLIO DI MANDARINO (34 proof)

This is a delicate aromatic liqueur, brimming with the fragrance of Calabrian mandarins.

ROSOLIO DI CAFFÈ (32 proof)

This is made from a selection of choice coffees that undergo a special procedure to make this pleasant-tasting, strong and unique concentrated liqueur.

SAMBUCA CASAMARI (35 proof)

Monks make this refined aromatic liqueur from elderberry flowers.

TINTURA IMPERIALE (90 proof)

This liqueur was originally made by Brother Eutimio in 1766 and has been renowned ever since.

“An essence with inflections of anisette and absinth, together with other medicinal abstracts, 'tis exquisite. It takes just a few drops to turn a simple glass of water into a kind of heavenly opal.” (G. D’Annunzio)

- A few drops added to water are enough to make an exquisite, thirst-quenching drink;
- A few drops added to coffee, tea or milk is enough to turn them into pleasant pick-me-ups;
- A teaspoonful added to a glass of water is enough to resolve any indigestion problems;
- Of great use to travellers as it helps counteract travel-sickness;
- It can also be used as a mouthwash, leaving fresh-smelling breath.

TRISULTI

(Cistercian Monks)

The Trisulti Monastery offers eight specialities, all of which have an agreeable blend of a wide range of herbs picked in the area.

AMARO CENTERBE (30 proof)

This is both an excellent digestive and aperitif.

ALPESTRE (38 proof)

This is an exquisite plant-based liqueur, filled with the aroma of the mountains.

VEGETALE (38 proof)

This is a sweet, herb-filled liqueur.

MILLEFIORI (38 proof)

An extremely delicate and sweet liqueur.

TRISULTI BRANDY (45 proof)

A dry brandy made from digestive herbs.

SAMBUCA (36 proof)

The Carthusian Monks originated this ancient formula, so it may be considered the progenitor of all "Sambuca" liqueurs.

ANISETTA (35 proof)

An exceedingly delicate liqueur, which dates back many centuries.

GOCCE IMPERIALI (90 proof)

This is a typical Cistercian speciality invented by Brother Eutimio in 1800. It comprises a number of herb infusions and should be drunk in the same way as the "gocce imperiali" from the Casamari Abbey.

MONTEOLIVETO

(Olivetian Benedictine Monks)

The Great Olive Grove Mountain Congregation originates in the vocation initially as hermitic and then cenobitic, from certain Siennan nobles: Bernardo Ptolemy (1272-1348), Patrizio Patrizi and Ambrogio Piccolomini. In 1313, they retired to solitary confines, called Accona, then named Olive Grove Mountain, approximately 30 kilometers from Siena, longing to establish "una scuola del servizio divino" (*a school of divine service*) (Benedettina Rule). The "charta foundationis" of the monastery Sancta Mariae de Oliveto in Accona is dated March 6, 1319. Three days later, the founders received their white monastic clothes from the Vicar of the Bishop of Arezzo, declaring the Rule of San Benedetto.

FLORA DI MONTEOLIVETO (38 pr.)

This liqueur is made from 23 different aromatic and medicinal herbs. It is both a digestive and a pick-me-up and has gained a good reputation over the centuries.

ELIXIR CAFFE' (31 proof)

A strong, pleasant and intense liqueur.

CHINA DI MONTEOLIVETO (21 pr.)

This liqueur is extracted from chinabark and was one of the first pharmaceutical and health products made for the Monks of Monteoliveto's ancient pharmacy.

GOCCIA AMARA (31 proof)

A bitter digestive liqueur and excellent pick-me-up.

TRE MONTI (48 proof)

This is a genuine brandy, much appreciated by connoisseurs.

SAMBUCA DI MONTEOLIVETO

The Monks from Monteoliveto have been producing this liqueur for four hundred years.

CHIARAVALLE

DELLA COLOMBA

(Cistercian Monks)

CENTERBE (14 proof)

This is a bitter digestive liqueur and pick-me-up with low alcohol content, extremely effective for any indigestion problems.

CENTERBE (60 proof)

This is a stronger version of the previous liqueur.

ELIXIR SAN BERNARDO (30 proof)

This is a bitter-tasting pick-me-up to help digestion and also an excellent aperitif.

GRAN LIQUORE CHIARAVALLE (35 proof)

This is the oldest and most characteristic of the products Chiaravalle Cistercian monks have been making for centuries. It is made from carefully selected bitter-tasting plants that are good for the health and a great pick-me-up.

TRE FONTANE (Three Fountains)

(Trappist Monks)

The Liquors of the Trappists Fathers come from an age-old tradition and from meticulous studies of the natural phenomena, especially in the world of officinal and medicinal herbs.

From this experience and continuous observations of nature, the Trappists Fathers highlighted the pleasingly rare liquors that for their specific formulations resulted in benefits for the subject. All in complete respect of the actual lifestyle and nature from which the secrets of the preparation of the liquors were understood. The making of the products are still handcrafted and created exclusively utilizing natural commodities. The Liquors of the Trappists Fathers maintain the genuineness and the typical taste of the homemade liquors that constitute the foundation of the liquoristica tradition of our country. As if that

weren't enough, they also possess a distinct character of refined fruit of wise agreement and of attentive preparation, carefully taken care of and passed on through stories of preparations to consequent generations.

ESTRATTO DI EUCALIPTUS (40 pr.)

This is made from a cold infusion of eucalyptus leaves. A Trappist Monk imported it from Australia at the end of the 1700's (a funny thing: this particular species of eucalyptus, called globulus, no longer grows in Australia, but in Italy alone). Since then, the Trappist Monks have made this extract, which was widely used for malaria at the time and is now an excellent adjuvant for respiratory diseases.

EUCALITTINO (38 proof)

This is made from the above "estratto di eucaliptus" and is a pleasant digestive liqueur and excellent pick-me-up.

ANISETTA (32 proof)

This is an aromatic liqueur made from an extract of wild aniseed. It is an excellent thirst- quencher and gives an exceptional taste to espresso or barley coffee.

LIQUORE DEL PELLEGRINO (40 pr.)

A pleasant and delicate digestive liqueur.

AMARO D'ERBE (27 proof)

A digestive liqueur and pick-me-up.

20 ERBE (40 proof)

This has been made from an old Spanish formula comprising 20 aromatic herbs and is an excellent and pleasant-tasting digestive liqueur.

FERNET (45 proof)

This digestive liqueur is made from an extraction of bitter and digestive herbs and holds its own against others of its kind. It is also an excellent thirst- quencher when added to water.

LIMONE (32 proof)

This is a delicate aromatic liqueur, emanating a rich citrus fragrance

CREMA CAFFE' (28 proof)

An excellent liqueur made from the best coffee beans available.

NOCINO (32 proof)

This is a traditional walnut liqueur made from an infusion of walnut husk (from S. Giovanni), giving it a full-bodied and piquant taste.

GRAPPA ETRUSCA TRE FONTANE 40°

It should not surprise anyone that there exists a “Grappa Etrusca,” since today we know that the Etruscans, through a sort of distillatory, produced a strong liquor that was originally used in religious ceremonies. It is not incorrect to think that it was a grappa “ante litteram.”

ROSOLIOS (30 proof)

Rosolios are an age-old monastic tradition. They were made from fruit that would otherwise have gone to waste in order to offer tired and downhearted guests a cordial that could help them feel at peace with themselves and with life in general. They can be drunk straight, with or without ice, and have a pleasant and delicate, full-bodied and aromatic taste. They are also excellent added to desserts, ice cream and fruit aperitifs.

ROSOLIO ALL’ALBICOCCA (Prunus armeniaca)

“La Mela d’Armenia” (The Apple of Armenia), as defined by the Romans, has great nutritional value, rich in vitamin A and excellent for liquors and jams.

ROSOLIO ALL’AMARENA (Prunus cerasus)

Delicate and bitter, this wild cherry offers the liquor a special fragrant twist.

ROSOLIO ALL’ARANCIO (Citrus aurantium)

Sweet and juicy, “le Arance di Sicilia” (*the Oranges of Sicily*), represent the strength of this sweet and delicate liquor.

ROSOLIO ALLA FRAGOLA (Fragaria vesca)

For its richness in vitamins, sugar, and salt minerals, the strawberry is an excellent fruit that is valuable for the health. For confirmation of its benefits and worth, we find it cited in the Bible, in mythology and in the most ancient treatments in medicines and botanics.

ROSOLIO AL LAMPONE (Rubus idaeus)

“Il Rovo dell’Ida” (The Briar of the Ida) is defined as such by ancient Plinio, since it grew thriving on the mountain of Ida, until the antiquity of the divine and therapeutic virtue.

ROSOLIO AL LIMONE (Citrus Limonum)

Of all the fruits, none received as much praise from the lemon, used throughout ancient times as a universal panacea; rich of robust elements to improve the human health.

ROSOLIO AL MIRTILLO (Vaccinium myrtillus)

From the delicious blueberries of wild berries, this rosolio is fragrant and delightful.

ROSOLIO ALLA PESCA (Prunus persica)

The taste of summer is contained in this fruit, appreciated for its sweetness and everlasting and delicate fragrance.

ROSOLIO AL POMPELMO (Citrus decumana)

Exotic fruit with a unique sharp taste offers this rosolio a special quality of flavour and fragrance.

ROSOLIO ALLA ROSA (*Rosa canina*)

This is the classic rosolio (liquor of rose) from which all the others are derived. Sweet, delicate and perfumed, this drink is a reminder of the ancient truth when a glass of liquor sufficed to create an atmosphere of friendship and happiness.

GRAPPA

"Spirituous liquid obtained from the distillation of the vinacce of wine."

This is the definition of the liquor for the characteristic of our lands. Its origins are extremely distant from us that we are unable to date the time precisely. Its findings are more ancient than rudimentary alembics that go back to the 4th millennium B.C. in Mesopotamia. They found traces in the Hellenic period until the Arabians between 600 A.D. and 800 A.D., undertaken by scientific studies on the art of distillation. From the wine and vinacce (residual of winemaking) they obtained a defined distillation: "Alcool vini" (*Alcohol wines*) or "Aqua ardens" (*Ardens Waters*).

The Salernitana Medical School (1100) commonly used the remedy treatment, "Aqua vitae" (*Life of Water*) (from the synonym of grappa, acquavite) passed down from the code of the "Magister Salernitanus" (1167). It is from this period that the Aquavite or Grappa begins its true ascent, first exclusively in medical field, then in general uses: "Spirituous liquor that comforts the mind and the body."

"Wonderful essence, the source of immortality", is how Arnaldo di Villanova extolled the virtues of "aqua vitae" wine. It has a refined yet robust taste, delicate yet decisive aroma and can be either new or aged. It is made with pomace (pressed grape skins and seeds) and the best vines available, while using age-old Italian distillation traditions.

"Grappa" is defined as a "poor-man's liqueur" and dates back centuries. A monastic community from the South imported the art of distillation to Italy after learning it from the Arabs, experts in this art. Techniques have improved enormously since then, though we still use the same methods taught so long ago.

"Grappa" is a traditional liqueur made only in Italy and has become much appreciated and sought after over the last few years. It is made from a distillation of grape pomace and, used sparingly, is a healthy digestive liqueur. Added to tea it makes a pleasant aromatic drink.

VARIOUS TYPES OF "GRAPPA"

The "Grappa" family comprises four distinct categories: new grappa, aged grappa, aromatic grappa and flavoured grappa.

New grappa is refined for six months before being bottled.

Aged grappa is preserved in wood vats for a year or more, from which it acquires its distinct fragrance and aroma.

Aromatic grappa is made from single-marc pomace, thereby acquiring a distinctive aroma transmitted during distillation (for example, Pinot, Picolit, etc.).

Flavoured grappa is given a particular flavour by grinding aromatic ingredients, such as fruit or distilled spice essences (for example, pear grappa, peach grappa, lemon grappa, etc.).

SINGLE-MARC GRAPPA

GRAPPE MONOVITIGNO

- **GRAPPA DI AMARONE**
- **GRAPPA DI BARBERA**
- **GRAPPA DI BARDOLINO**
- **GRAPPA DI BAROLO STRAVECCHIA**
- **GRAPPA DI BRACHETTO**
- **GRAPPA DI CABERNET**
- **GRAPPA DI DOLCETTO**

- **GRAPPA DI MERLOT**
- **GRAPPA DI MOSCATO STRAVECCHIA**
- **GRAPPA DI PICOLIT**
- **GRAPPA DI PINOT**
- **GRAPPA DI PINOT CHARDONNAY**
- **GRAPPA DI PINOT GRIGIO**
- **GRAPPA DI PROSECCO**

GRAPPA DI MOSCATO PASSITO DI PANTELLERIA

Originaily from the “vinacce del moscato passito di Pantelleria,” it’s amber-colored with a delicate fragrance, marked with a strong presence. Among the complex senses are flavours of strong sage, small berries, grapefruit and vanilla. The taste is rich, enveloped, with a silky sensation that lingers in the palate.

GRAPPA DI SYLVANER

This is currently the only Sylvaner varietal grape grappa produced in Italy. The pomace used in distillation is carefully selected and fermented in specially made small steel containers.

This grappa has a very refined and elegant bouquet, as well as a particularly light and delicate aroma.

ABBAGNAC

Abbagnac is a distillate made with aromatic Traminer varietal grape pomace from the Novacella Abbey. It is refined in oak vats for at least 6 months, which also gives it its pale tobacco colouring. It also has a complex fruity bouquet, as well as a rich aromatic spectrum.

Abbagnac is best sipped slowly, as only 3,000 0.7 litre bottles are produced each year.

PLURAL-MARC GRAPPA

GRAPPA DELLA CASA

This is a strong and aromatic grappa in the tradition of real “aqua vitae.”

GRAPPA CLASSICA DI ANTICA DISTILLAZIONE

This is our most classic grappa as it is strong, dry, decisive and especially aromatic.

GRAPPE AROMATIZZATE

GRAPPE enriched with officinal plants. This special blend has the ability to create synergies between the grappa and officinal plants; the result extracted is a healthy product in a position to satisfy the palate. The bouquet does not come altered, but the special flavor confers to the grappa from the plant, the aroma excites and reders it more prominent, only the gleanings are modified to encourage a more round and pleasant taste.

GRAPPA AROMATIZZATA ALLA CANNELLA (Cinnamomun zeilanicum)

The cortexes of the young branches are used to bestow to the grappa a special fragrant and spicy taste. It is not only used in the kitchen or liquoreria, but also in the medicine for stomache virus’ and carminative.

GRAPPA AROMATIZZATA ALLE FRAGOLINE (*Fragraria vesca* spp.)

Strawberries, smaller and zestier than the others, enrich the distillers with their delicate, but slightly wild flavors.

GRAPPA AROMATIZZATA AI FRUTTI DI BOSCO

It is represented by a blend of fruits: raspberries, strawberries and blueberries.

GRAPPA AROMATIZZATA ALLA GENZIANA (*Gentiana lutea*)

Genziana from Gentium, the last king of Illiria that discovered the virtue and that for first time used it for therapeutic means (lutea = yellow for the color of the flowers). It can be used as an amaricanti, aperitif, digestive, fragrance and eucalyptus.

GRAPPA AROMATIZZATA AL GINEPRO (*Juniperus communis*)

The grappa of Juniper is similar to the flavor of Gin, but the sharp features round it off. The plant has been used since ancient times not only as a treatment remedy (Hieronymus Bock from 1539 studied the therapeutic properties and tuning of the broad possibility of service defined as: "It is not completely possible to describe the power and the virtue of Ginepro"), but also as a corrective taste in the kitchen and...in the grappe.

GRAPPA AROMATIZZATA AL LIMONE E SALVIA (*Salvia officinalis*)

The Egyptians used it for the preparation of a fermented product, slightly alcoholic, that favoured the delivery of expectant mothers. The Salernitana Medical School created a universal panacea (*Savia salvatrix ortus sanitatis*). Fragrant, pleasant resinous.

GRAPPA AROMATIZZATA ALLA LIQUIRIZIA (*Glycyrrhiza glabra*)

From The Greek Glikos (sweet) and riza (root) it is not only used as a sweetner (sweetens 80 times mores than sugar), but also as a digestive and soother.

GRAPPA AROMATIZZATA AL MIELE IN FAVO

Perfect symbiosis among the grappa and honey, because together they both attend to other characteristic details of flavor, which cause this grappa to be pleasing, fragrant and medium-sweet.

GRAPPA AROMATIZZATA ALLE MORE (*Rubus fruticosus*)

From a blackberry fruit, a grappa is derived from a unique flavour that should be experienced by all.

GRAPPA AROMATIZZATA AL PINO MUGO (*Pinus* spp.)

It enriches the grappa with the resinous essence, balsamic and bestows a delicate and agreeable taste.

GRAPPA AROMATIZZATA AL PRUGNOLO (*Prunus spinosa*)

Prunus from Greek proumne, prickly because of their thorns, rich of fruits in the shape of berries, and very astringent; this grappa bestows a pleasant sharp flavor.

GRAPPA AROMATIZZATA ALLA RUTA (*Ruta graveolens*)

The Ruta, an excellent flavoring, enriches the grappa and renders it more delicious and more appreciated.

GRAPPA AROMATIZZATA AL ROSMARINO (*Rosmarinus officinalis*)

Rosmarinus, from the Latin “ros rugiada e marinus di mare,” such as the dew of sea returns fresh and fragrant air, the rosmarine enriches this grappa, bestowing a strong and unique flavor, slightly sharp and intensely fragrant.

GRAPPA AROMATIZZATA AL TARTUFO (*Tuber spp.*)

Tuberaceo mushroom from the strong flavor has a presently rich and salty flavour, used often in the kitchen to flavour meals; the grappa express its best features since the alcohol highlights all of its qualities. (Best used in the grappa of truffle risotto).

GRAPPA AROMATIZZATA AL PEPERONCINO (*Capsicum annum*)

An aperitif that's digestive, the paprika, energized by the grappa, has a spicy and paradoxically delicate taste. Although used in this situation as a drink, paprika continues to be widely used in Italian cuisines to add zest to sauces. The ancient spice specialists recommended adding plenty of it to meals when it was necessary to discuss business matters with guests (the paprika stimulates the digestive system freeing the euphoric substance).

GRAPPA AROMATIZZATA AL LIMONE (*Citrus limonium*)

Healthy, sharp, and pleasing to the palate.

GRAPPA AROMATIZZATA ALL'ARANCIO (*Citrus aurantium*)

This is one of the best winter fruits that guarantee a wonderful contribution of saltiness to the grappa.

GRAPPA AROMATIZZATA ALL'AMARENA (*Prunus cerasus*)

Delicate and bitter, this wild cherry offers the liquor a special fragrant twist.

GRAPPA AROMATIZZATA ALLA PESCA (*Citrus decumana*)

Exotic fruit with a sharp taste provides this rosolio a unique element of flavour and of fragrance.

GRAPPA AROMATIZZATA ALL'ALBICOCCA (*Prunus armeniaca*)

The apricot is rich of Levulosio, Glucose and other simple sugars that bind themselves and naturally change the perspective of the grappa, resulting in a softer and rounder drink.

GRAPPA AROMATIZZATA ALLA FRAGOLA (*Fragaria vesca*)

The fruit of the centenary; offers a sweet and delectable fragrance renders the grappa more pleasing.

GRAPPA AROMATIZZATA AL LAMPONE (*Rubus idaeus*)

Raspberries with a slightly bitter taste provide an agreeable grappa for everyone.

GRAPPA AROMATIZZATA AL MIRTILLO (*Vaccinium myrtillus*)

The ripened blueberries, which are infused in the grappa, enliven its character and aroma.

GRAPPA AROMATIZZATA AL POMPELMO (Citrus decumana)

The sharp taste that renders the grapefruit sour in the grappa reveals its bitter and strong flavours.

GRAPPA AROMATIZZATA ALLA ROSA (Rosa canina)

An ancient tradition claims that in order to maintain ones youth and beauty, a woman should drink a grappa with roses of plants every evening, this is probably due to the fact that a considerable quantity of vitamin C is found in the plants.

Due to ancient traditions, Grappa is the liquor that belongs us, just as Tequila is to Mexicans, Bourbon is to Americans and the Whisky is to Scots. It can be enjoyed peacefully because it is a pure, non-manufactured product that often favours the digestive system, warms the limbs and lights the hearts. It can also be used as a corrective in tea or coffee and in cuisines for risottos or sauces. This particular grappa is enriched with officinal plants, which amplifies its features to the utmost.

NOVACELLA ABBEY

(Regular Augustinian Canonical Friars)

«Beatus Hartmannus», Bishop of Bressanone, founded the Novacella Abbey in 1142. It has since been the property of the Regular Augustinian Canonical Friars.

The most important tasks of these friars are, and have always been, looking after people's souls, educating adults and children and scientific studies in a wide range of subjects, one of which is wine. It was this Abbey which originated winemaking techniques and science in Novacella.

Since 1994 in order to celebrate this age-old union between history and the wine culture, any particularly successful wine has been dedicated to each Abbot in chronological order .

The first wine in this new "Praepositus" line was dedicated to the founder of the Abbey, "Beatus Hartmannus." In 1995, the first Abbot of Novacella, Henricus Primus, followed. The current Abbot, 56th in line, will not be honoured until the year 2049.

WHITE WINES

SYLVANER

(DOC – Controlled Denomination of Origin) A white wine, yellow in colour though bordering onto green, light-bodied and with a decidedly dry taste. Best served with sliced cold meats, aromatic vegetable sauces, medium-fat fish cooked in the oven or in sauces and goat's milk cheeses.

Best served at 10-12°C; 12.0-12.5 proof.

MULLER - THURGAU

(DOC - Controlled Denomination of Origin) A white straw-coloured wine with greenish reflections, it has an intense aroma with a light and characteristic hint of musk. It has a fresh, sparkling taste and is slightly aromatic with a pleasant full body. Excellent when served as an aperitif and goes well with seafood dishes and barbecued fish.

Best served cold, at 10-12°C; 12-12.5 proof.

GEWURZTRAMINER

(DOC - Controlled Denomination of Origin) Aromatic Traminer grape varietal – a characteristic elegant and aromatic white wine, its colour ranges from a light green to golden yellow. It has a decisive, characteristic, persistent spicy aroma and pleasantly pronounced taste, with nuances of spice. This wine is perfect when served with any kind of seafood or white meat.

Best served cold at 10-12°C; 12.5-13.0 proof.

KERNER

(DOC - Controlled Denomination of Origin) A white wine with a greenish-yellow bordering on golden yellow colour. Its fruity taste has an inkling of aromatic flavours. It is pleasantly refreshing and full-bodied, making it ideal as an aperitif or as an accompaniment to starters and seafood dishes.

Best served at 10-12°C; 12.0-12.5 proof

RULANDER

(DOC - Controlled Denomination of Origin) Pinot grigio grape varietal – a full-bodied, elegant white wine, with a greenish-yellow, bordering on golden yellow, colour. It has a characteristic fruity taste, mellow, pleasant and sound to the palate. It is well suited to a wide range of dishes, such as egg-based dishes, boiled poultry and steamed sea or freshwater fish.

Best served cold, at 10-12°C; 12.0-13.0 proof.

WEISSBURGUNDER

(DOC - Controlled Denomination of Origin) Pinot blanc grape varietal – a refreshing white wine, delicately fruity and fragrant, straw-coloured with greenish reflections. Its balance between freshness and lightness make it an inviting choice.

This wine goes well with light starters, risotto and fish baked in foil.

Best served cold, at 10-12°C; 12.0-12.5 proof.

CHARDONNAY

(DOC - Controlled Denomination of Origin) This is a dry, refreshing white wine, with a colour bordering between straw- and greenish-yellow. It has a slightly fruity bouquet and is an excellent aperitif. It is also ideal with low-fat starters, clear soups and with sea fish.

Best served cold, at 10-12°C; 12.0-12.5 proof.

SAUVIGNON

(DOC - Controlled Denomination of Origin) This is a particularly refined and elegant white wine. It has a yellow colour with hints of light green and has a delicate bouquet with inklings of exotic fruit. Its refreshing and elegant taste ensures it is excellent with cooked vegetable dishes, as well as asparagus and steamed fish.

Best served cold, at 10-12°C; 12.5-13.0 proof.

RED WINES

EDELVERNATSCH

(DOC - Controlled Denomination of Origin) This Slav varietal light red wine contains only a small amount of tannin, is ruby red in colour and has a light fruity taste. Perfect with cold meats and white meat.

Best served at 14-15°C; 12.0-12.5 proof.

KALTERERSEE

(DOC - Controlled Denomination of Origin) This wine comes from the Caldaro Lake area. It is a light easy-to-drink fruity red wine, ruby in colour with a slight bitter almond flavour. Perfect with cold meats, speck and soft cheeses.

Best served at 14-15°C; 12.0-12.5 proof.

ST. MAGDALENER

(DOC - Controlled Denomination of Origin) St Magdalene is the most full-bodied wine made from Slav varietal grapes with a colour varying between ruby and garnet and a delicate bouquet. It has a full-bodied, pleasantly aromatic taste. Perfect with strong cheeses and roasted and grilled meats.

Best served at 15-16°C; 12.0-12.5 proof.

BLAUBURGUNDER

(DOC - Controlled Denomination of Origin) Pinot black varietal grape - a red wine with a colour varying between ruby and garnet. It is a fruity wine with strong hints of wild cherry and blackcurrant and has a smooth, agreeable taste. It goes well with both red and white meat, but is unbeatable when served with a selection of boiled meats.

Best served at 16-18°C; 12.0-13.0 proof.

SUDT LAGREIN DUNKEL

(DOC - Controlled Denomination of Origin) Local vines – Dark Lagrein grape varietal. An intense ruby to garnet coloured red wine. It has a pleasant bouquet with characteristic light hints of fruit, vanilla and violets, with a sharp, full-bodied taste. Perfect with roast lamb and kid, game and matured cheeses.

Best served at 17-18°C; 12.0-13.0 proof.

VINO DA TAVOLA DELLA NOSTRA TRADIZIONE

(Our traditional table wine)

This is a fruit of an ancient monastic tradition, specially chosen from the Nardi family for its clients.

"Except for the unlucky few, all people, more or less, drink wine. But it is a delicate drink and its delightful mysteries are difficult to discover and enjoy in the appropriate way. To succeed in appreciating the sharpness of its colour, perfume, taste – hence, enjoy it – small details and magic are needed. The wine must come from a genuine extractor, pure, tapped from the barrel and enjoyed using special glasses at room temperature. "A good glass of wine can change the day and completely convert every pessimistic thought."

VINO ROSSO DELL'ABATE

Red table wine derived from the Sangiovese grapes, cultivated on dry and hard lands, especially rich in salt minerals. Brilliant ruby red colour with violet accents, this wine has a delicate aroma that reminds you of a bouquet of violets; dry, harmonious with an agreeably sharp flavour. It can be served indiscriminately with white and red meats and at times with fatty fish.

VINO BIANCO DELL'ABATE

Wine table wine derived from the Emilia Montu vines. We have acquired this fragrant and delicate wine from an assortment of harmonious grapes, which renders a dryer flavour that is pleasant and agreeable. This brilliant gold coloured wine should be served chilled and can indiscriminately accompany hors d'oeuvres, fish and white meats.

RUBINO DELLO SPEZIERE

Derived from the Roman Castles, this is a Red DOC produced with Merlot, Monte Pulciano and Sangiovese grapes. It has a striking ruby red colour, a fruity bouquet and accents of berries. The wine is full-bodied with a medium tannic acid and has an alcohol content of 12% vol. Foods that compliment: perfect medley with roasted and grilled red meats and seasoned cheeses.

DORATO DELLO SPEZIERE

Created from Malvasia puntinata, Yellow Trebbiano and Green Bellone grapes. The ideal condition to produce these grapes is on bountiful volcanic grounds, whereby the production harmonically links the traditional methods of cultivation and innovative technology. The strict collecting of chosen grapes in the vineyard guarantees the quality of this wine.

WINEMAKING: Press the grapes with a soft press; ferment to a self-pressed controlled temperature that's between 12° and 20°. The maturity of the wine occurs in tanks of steel inox, which follow a short period of aging in the bottle. The yellow coloured wine releases an intense and agreeable aroma of a bouquet of fruit, with accents of exotic fruits; dry, full-bodied, harmonious. It contains an alcohol content of 12,50% vol. Foods that compliment and wine preparation: Fish, white meats, fresh cheeses, vegetables and fruit. For best results, serve at a temperature of 10 °C, and then uncork the bottle for the first 30 minutes to let the wine breath.

VINI LIQUOROSI

VINO SACRAMENTALE PER LA S.S. MESSA

Aged at length in trunks of oak, then bottled and sealed according to the Canonical Law, which is under the control of the Vicar Foraneo with the Bishop's authorization. This fine wine is produced in small quantities and is created to specifically accompany sweets or desserts. The special cultivation of the grapes guarantees its aroma and perfect balance between the sweetness and the alcohol. Through its generous full-body, you can taste the sweetness and the strength of the lands from where they originated. They are divided into two separate select vines: White and Red.

VINO PER LA SANTA MESSA BIANCO LIQUOROSO

Sacramental liquor wine for the celebration of Santa Messa. This delicate and sweet wine is aged at length in trunks of oak and is brought to 16° in order to reach its full flavour.

VINO PER LA SANTA MESSA ROSSO LIQUOROSO

EX GEMINE VITIS

The liquor wine is made with Black Avola grapes for S. Messa. It is aged for several months in trunks of oak and then aged for two months in the bottle. It is brought to 16° in order to reach its fruity fragrance and delicate flavour.

VINO MOSCATO DI PANTELLERIA

D.O.C. liquor wine obtained from Moscato grapes of Alessandria of the island of Pantelleria. It is brought to 15° to reach its full flavour and then aged in the bottle. Deriving from a typical fragrant flavour, this delicate dessert wine should appropriately accompany desserts baked in the oven and dry fruits.

VINO PASSITO DI PANTELLERIA

D.O.C. liquor wine obtained from Moscato grapes of Alessandria of the island of Pantelleria. It is brought to 15° to reach its full flavour and then aged in the bottle. Deriving from the characteristic flavour of withered grapes, this delicate dessert wine should accompany desserts baked in the oven and chocolates.

VIN SANTO

Sweet liquor wine from Grillo and Catarratto grapes that have been aged for one year. It is brought to 16° to reach its full sweet flavour. A classic wine that should accompany sweets and dry fruits.

VINO MOSCATO

Intense and typical aroma, fine and harmonious flavouring.

VINO MALVASIA

This delicate dessert wine is obtained from White Malvasia grapes, which render a full and harmonious flavour.

VINO ZIBIBBO

Moderately sweet taste; this is the perfect dessert wine.

VINO MARSALA SECCO

Dry liquor wine obtained from Grillo grapes, aged for another four years in trunks of oak and at least six months in the bottle at 18°. Full flavoured and strong this drink is excellent after a meal and if it is chilled, it can also be enjoyed as an aperitif. Widely used in cuisines to add zest to meals.

CREMA ALLA MANDORLA

Marsala Liquor wine is derived from Grillo grapes, which is then flavoured with almonds. The result is a very pleasing taste for anyone's palate.

CREMOVO

Marsala Liquor wine is derived from Grillo grapes, enriched with egg yolk. It is the classic Egg Marsala, rich and fragrant, pleasant to drink at any hour of the day.

FOOD PRODUCTS

PRODUCTS FROM THE BEEHIVE

HONEY

Man has been aware of and used honey since time immemorial. It is probably one of the oldest sources of food eaten by our ancestors who most likely knew of its numerous medicinal, preventive and curative properties too. We have extensive evidence and a number of documents to prove that it was widely used in empirical therapy, as mentioned in the Ebers Scroll, written in Thebes in 1870 BC, describing a mixture of bread and honey as a specific medication to induce urine. What is more, Hippocrates, the father of medicine, who lived between 460 BC and 377 BC, used honey to prepare a wide range of medications.

Although honey has been used continuously, it has had its ups-and-downs over the centuries. Researchers (mostly German, as well as British and American doctors) have only begun rationally experimenting the therapeutic properties of honey over the last thirty years in order to scientifically prove that it is beneficial to us all.

The following conclusions have been reached following extensive analyses and experimentation:

- firstly, it is totally harmless and one hundred percent tolerable, even when consumed in large doses (some researchers used doses of up to 500 grams of honey in one day without the person taking it suffering any disturbances);
- honey also provides nutrition and energy, more specifically:
- it is extremely energy-giving;
- it helps create an appetite;
- it helps a person assimilate and digest other foods;
- it helps children absorb calcium and, to a certain extent, magnesium. This observation derives from observing children fed with honey who developed more quickly compared to those who used sugar.

This short list of results means that we are now aware of just how useful honey is to our diet. Professor Rémy Chauvin terminated his research stating:

"The results of my research appear to prove that the age-old credence that honey is an excellent food but also rather therapeutic is true, even though it is, at times, difficult to explain why."

Of course, honey is a food product that also has beneficial effects on the human organism. It is often used as a back-up to medical therapy, at times we use it as a means of taking care of those common, everyday disturbances that do not actually require medicines, rather a good dose of nutrition. The characteristics of all the following kinds of honey apply when used as a back-up for medical therapy.

There are two categories of honey:

1) **MIELE POLIFLORA** obtained from the nectar of various vegetable types;

MIELE DI CAMPO (all flowers)

This is the poliflora honey more commonly derived from the fruit of various flowerings generally in the plains or hills. It is used to sweeten and for sweets and is considered a generic honey, without special features.

MIELE DI ABETE (fir tree)

(Abies alba L.)

Colour: dark brown, almost black;

Flavour: pleasant, intense;

Characteristics: astringent, breath freshener, balsamic, antiseptic for the throat (to be used for bronchitis, tracheitis, pharyngitis, colds, flus and rhinitis, not to mention asthma) and intestine, as well as anti-anaemic.

MIELE DI ACACIA (acacia)

(Robinia pseudoacacia L.)

Colour: transparent, slightly amber;

Flavour: extremely sweet and delicate:

Characteristics: this honey is easy to dissolve so may be used as a sweetener, is suitable for young and unweaned children, a pick-me-up, purifies the liver, regulates the intestine and is anti-inflammatory for the throat.

Children love this honey for its sweetness. It is also recommended for people with slight diabetes as it contains glucose, though not too much.

MIELE DI ARANCIO (orange)

(Citrus aurantium L.)

Colour: very light yellow when liquid and white when solidified;

Flavour: delicate and lightly citrus;

Characteristics: Rich in vitamins, sedative and tranquillising, slightly astringent, bactericide, antimalarial. This honey is also antispasmodic and can be taken for migraine, insomnia and palpitations.

MIELE DI BIANCOSPINO

(hawthorn)

(Crataegus oxyacantha L.)

Colour: amber;

Flavour: sweet, aromatic;

Characteristics: relaxing, slightly hypotensive, cardiac stimulant. This honey is recommended for people suffering from hypertension and arteriosclerosis. It is ideal for those with heart problems. Being an antispasmodic, it is well-suited for anxious and distressed people. Perfect for dizziness and buzzing ears.

MIELE DI BOSCO (forest)

Colour: usually dark brown;

Flavour: extremely aromatic;

Characteristics: Used to treat lung diseases and intestine and urine infections.

MIELE DI CASTAGNO (chestnut)

(*Castanea vulgaris* L.)

Colour: dark, almost black;

Flavour: distinctive, slightly bitter;

Characteristics: purifies the intestine, slightly astringent, anti-microbial, helps circulation. It is also suitable for people suffering from anaemia, tiredness, asthma and those wishing to gain weight.

MIELE DI CILIEGIO (cherry)

(*Prunus Cerasus* L.)

Colour: dark amber;

Flavour: slightly acid;

Characteristics: mineraliser, astringent.

MIELE DI CORBEZZOLO (strawberry-tree)

(*Arbutus unedo* L.)

Colour: amber with hints of grey-green;

Flavour: bitter and aromatic;

Characteristics: useful for anyone suffering from asthma, astringent, antimalarial, anti-flu, diuretic. This honey is also used as an ingredient in desserts and alcoholic beverages.

MIELE DI ERBA MEDICA (alfalfa)

(*Medicago sativa* L.)

Colour: from light yellow to ochre;

Flavour: intense, clears the throat;

Characteristics: antispasmodic, diuretic, laxative, energy giving, recommended for athletes.

MIELE DI ERICA (heather)

(*Erica* spp.)

Colour: amber with straw-coloured orange tones;

Flavour: extremely delicate, with a wonderful aftertaste;

Characteristics: stabilises the emunctories, diuretic (useful for those suffering from rheumatism), restorer, anti-anaemic, antiseptic for the kidneys and disinfectant for the urinary system (useful in cases of cystitis and prostatism); also works on infections of the intestine

MIELE DI EUCALIPTUS

(eucalyptus) (*Eucalyptus globulus* L.)

Colour: light brown, shiny when liquid;

Flavour: prominent, aromatic, persistent, pleasant;

Characteristics: antiseptic for the throat, cough remedy, emollient, healer. This honey also works as an antiseptic for the urinary system and intestine and as a vermifuge for children with pinworms

MIELE DI FRAGOLA (*Fragaria vesca*)

Colour: clear, almost white, yellow;

Sapores: delicate with fruit flavouring

Characteristics: diuretic, anti-rheumatic, mineraliser, and enriched with vitamins.

MIELE DI GIRASOLE (sunflower)

(*Helianthus annuus* L.)

Colour: intense yellow;

Flavour: delicately sweet, slight fragrance;

Characteristics: diuretic, stimulant, febrifuge, digestive, helps lower cholesterol.

MIELE DI LAVANDA (lavender)

(*Lavandula officinalis* L.)

Colour: white, hints of amber;

Flavour: pleasant, aromatic, very light fragrance;

Characteristics: antispasmodic, antiseptic, decongestant, vermifuge, analgesic, sedative, it may also be applied to burns and insect stings and infected wounds. Recommended against insomnia.

MIELE DI LIMONE (lemon)

(*Citrus limonium* L.)

Colour: ivory;

Flavour: pleasant, slightly bitter;

Characteristics: vitaminic, slightly astringent, antiseptic and antiviral. This honey is also good to eat under normal circumstances and perfect as a replacement for sugar as it has a neutral taste and does not alter the flavour of other foods.

MIELE DI MANNA (manna)

Colour: dark, almost black;

Flavour: pleasant, intense.

Characteristics: astringent, breath freshener, balsamic, antiseptic for the throat, recommended in cases of bronchitis, tracheitis, pharyngitis, colds, flu, rhinitis, not to mention asthma. It is also antiseptic for the intestine and anti-anaemic. However, it may be used for any type of infection.

MIELE DI NESPOLO (medlar)

Colour: dark;

Flavour: pleasant, delicately spicy;

Characteristics: astringent, slightly hypoglycemic, antiseptic.

MIELE DI ROSMARINO

(rosemary) (Rosmarinus officinalis L.)

Colour: amber, almost ochre;

Flavour: aromatic, slightly bitter;

Characteristics: cholagogue, choleric, anti-rheumatic, a great aid to sight. This honey is especially recommended for people suffering from hepatitis, weakness, lithiasis and cirrhosis of the liver. It is also a great stimulant and therefore recommended for tired, generally unfit, asthenic and over-stressed people. Finally, it is a great honey for the stomach and intestines, fighting flatulence, fermentation and colic.

MIELE DI RODODENDRO (Rhododendron corymbosum)

Colore: yellow-gold;

Sapore: delicate, slightly sour;

Characteristics: liver and blood purifier; indirectly cleans the kidney.

MIELE DI SULLA (clover)

(Stachys annua L.)

Colour: from white to light amber;

Flavour: neutral, slightly acid;

Characteristics: slightly astringent, mineraliser, antiseptic.

MIELE DI TARASSACO

(dandelion) (Taraxacum off. Weber)

Colour: from light to normal amber;

Flavour: strong and distinctive;

Characteristics: hepatoprotector, liver purifier, light cholagogue, diuretic, depurant.

MIELE DI TIGLIO (lime blossom)

(Tilia europea L.)

Colour: light amber with hints of green;

Flavour: characteristic of this flower (lime blossom), intense, persistent;

Characteristics: tranquilliser, tossifuge, antipyretic. This honey is an antispasmodic that acts on the nervous system giving a calming effect. Use it to sweeten an evening drink to counteract insomnia.

MIELE DI TIMO (thyme)

(Thymus officinalis L.)

Colour: dark amber;

Flavour: strong and aromatic;

Characteristics: anti-microbial, antiviral, bronchial and intestinal disinfectant. This honey is a strong general antiseptic that can be used for any type of infection of the lungs, urinary system or intestines. It also helps fight tiredness, is highly recommended for coughs and works well against flatulence and indigestion. This honey is also an excellent vermifuge.

MIELE DI TRIFOGLIO (clover)

(Trifolium pratense)

Colour: light colour, between white and golden yellow;

Flavour: delicate, neutral;

Characteristics: energy-giving, stimulant, spasmolytic, anti-diarrhoeic. This honey is suitable for athletes or people who are subjected to physical strain for long periods at a time.

WAYS OF USING HONEY

Honey should be eaten within three years of its harvest even though it can be preserved for an indefinite period (the harvest date and best before dates must be stated on the label by Law), as mentioned earlier. Honey must be sealed tightly and kept in a dry place. If honey is subjected to a certain amount of humidity, it is liable to ferment and, subsequently, perish.

It is advisable to always use honey as a replacement for sugar in milk, tea, yoghurt, desserts and jams.

A spoonful of acacia honey and crushed fenugreek seeds (*Trigonella foenum graecum* L.) in equal parts taken on an empty stomach each morning is an excellent nerve and overall tonic.

People suffering from a cold with a high temperature should take a teaspoonful of eucalyptus or thyme honey mixed in equal parts with lemon juice a few times a day. This should be left under the tongue to dissolve by itself without swallowing.

Two tablespoons of chestnut honey diluted in a glass of warm water previously boiled with lemon peel works wonders for those suffering from colitis with frequent abdominal spasms and post-prandial cramps. First eat the lemon then drink this warm mixture.

A teaspoonful of lime blossom honey dissolved in a cup of hot milk before going to bed helps insomnia.

People suffering from a bad cough should dissolve a tablespoon of eucalyptus or lime blossom honey in a cup of hot water, add a tablespoon of grappa or brandy and drink before going to bed.

It is good practise to eat cooked fruit sweetened with lots of acacia honey every evening to avoid constipation.

SPECIALITIES WITH

CAMALDOLITE HONEY

MIELE E SUCCO DI FRUTTA (honey and fruit juice)

This is a mixture of pure acacia honey with just the right amount of fruit juice, the result of which is a tasty spread for toast, sandwiches or crackers. The honey is enriched by the properties of the fruit used to make this wonderful spread.

➤ MIELE-MIRTILLO

(honey-blueberry)

➤ MIELE-LAMPONE

(honey-raspberry)

➤ MIELE-FRAGOLE

(honey-strawberry)

➤ MIELE-MORE

(honey-blackberry)

MIELE PESCA

(honey-peach)

FLOWER POLLENS

POLLEN is a natural product from beehives that is not actually produced by the bees, but simply collected from the flower stamen by them.

This pollen is accumulated by bees in small pellets stored in the small “sacks” on their back legs. Its colour varies depending on the flower from which it comes (yellow, brown, red, etc.).

The beekeeper places a system of grids at the entrance to the hive so that the bees lose their load on entering.

NUTRITIONAL VALUE – Scientists have studied and analysed various types of pollen and found extremely effective proteins, amino acids, numerous vitamins, glucides, fats, etc., as well as various other undetermined elements.

Pollen is therefore a nitrogenous, rich, active food source that has had an extremely beneficial effect on both adults and children suffering from weight loss.

Pollen is a flower’s sexual fertilising substance and is therefore similar to hormones. This is why pollen is so nutritious for us. Prostrate gland problems (more specifically, prostrate hypertrophy) can be prevented and cured by taking pollen regularly.

Presentation – Pollen is presented in its natural state and colour, without undergoing any change whatsoever, just as the bees collected it. It is, however, dehumidified for preservation.

It is therefore a live food source that has preserved all its original benefits.

APPLICATION – It can either be mixed with a small amount of aromatic honey to improve its taste or added to a glass of water (by the teaspoonful) and should be taken regularly every morning.

It can also be added to soups (luke-warm) or natural drinks (lemon quash, squeezed orange juice, tamarind, etc.) to make them more nutritious.

We all know that the way we eat and how we live nowadays often has a negative influence on our health. We may suffer tiredness, pallor, lack of appetite, problems with our intestine, lack of memory and age prematurely.

Adding POLLEN to our usual food helps complete our daily nutritional requirements, re-balancing our entire organism with the essential elements it contains. That is why children, athletes and people over the age of fifty especially benefit from regularly eating pollen.

NATURE’S PRODUCTS FOR A HEALTHIER, FITTER LIFE

FROM THE YEARS OF EXPERIENCE

GAINED BY MONKS

We feel that you should have a complete in-depth presentation of any product entering your household, which is why we are happy to give you the following description.

“DIDO RECEIVED A COVETED GIFT FROM JUPITER, IMMORTALITY, HOWEVER HE FORGOT TO ASK TO STAY YOUNG. HE WAS THEREFORE CONDEMNED TO LIVE FOR ETERNITY, GROWING OLDER DAY BY DAY.”

Nobody is, nor can be, immortal, which is why we spend so much time trying to prolong our active life and at least stay young inside when we no longer appear young on the outside.

We therefore turn to Nature in an effort to follow a healthy and balanced diet, eating food that Mother Nature herself provides and which we often take no notice of. We use the most natural products possible to provide our organism a correct balance of substances to help us live more healthily.

THE NECTAR OF LIFE OFFERED BY BEES

PAPPA REALE PURA IN OSSIMELE

(royal jelly in oxy-honey)

Royal Jelly is a secretion produced by the hypopharyngeal glands, located on the top of the worker bee's head. It is a high-protein substance produced by these bees following over-nutrition from pollen. In order to explain just how important it is to eat PAPPA REALE (ROYAL JELLY), we would like to give you some information on where it comes from, its chemical ingredients and the effect it has on the physiology of bees.

Bees have two glands (called pharyngeal glands) which secrete ROYAL JELLY. This is fed to all bee larvae up to the third day after hatching while the future queen continues to receive Royal Jelly. Beyond the third day, the other larvae (future males and workers) are fed a mixture of honey and pollen.

ROYAL JELLY is so crucial to the nutrition of bees, that the idea of it being just as good for us has become increasingly popular. The fact that a queen bee lives for over five years, while a worker only lives for around 45-90 days, highlights the quality of ROYAL JELLY. The queen bee's sexual organs are also much more developed than those of a worker, making her exceedingly fertile (she lays up to 2000 eggs). These differences are essentially the result of the nutrition she receives.

ROYAL JELLY has the following chemical composition (from a book by Umberto Nardi entitled “Apiterapia”, published by “Aporie Roma” in 1993):

SUGARS: Glucose, Fructose, Saccharose, Maltose, Erllose, Traelose, Melibiose;

LIPIDS: keto-decenoic acid, hydroxyl-decenoic acid, sebacic acid, pylemic acid, palmitic acid, and stearic acid;

PROTIDES: most of these come in the form of amino acids, both individual and grouped. ROYAL JELLY is one of the most amino acid-rich products available, which is probably why it works so well;

VITAMINS, large quantities of the following: Thiamine (B1), Riboflavin (B2), Nicotinamide (B3 or PP), Pantothenic Acid (B5), Pyridoxine (B6), Meso-oxytol (B7), Biothine (Be or H), folic acid (B9);

Small quantities of: Cianocobalamine (B12);

Small quantities of: Vitamin A, Vitamin C, Vitamin D, Vitamin E.

TRACE ELEMENTS: Calcium, Copper, Iron, Phosphor, Potassium, Silicon, Sulphur;

These elements all have an important effect on cellular metabolic reactions.

OTHER COMPONENTS: Acetylcholine, an antibacterial and antibiotic component.

This analysis shows that ROYAL JELLY contains all the basic elements we need to live, which is why it is important to use it at any age and without any worries whatsoever. It can be used for an almost unlimited number of purposes as it is a natural

nutritional supplement, beneficial to the whole organism. Although it contains only small amounts of each chemical element, they are perfectly balanced and therefore even more effective (see trace elements).

It is an incomparable source of health and balance. The numerous studies and experiments carried out until now have proved that ROYAL JELLY is totally harmless. The benefits it provides us are without doubt due to the perfect balance of its components and the fact that it contains a small amount of everything we need to live on.

ROYAL JELLY IS AN EXTREMELY PERISHABLE PRODUCT (perishing after around 7 hours contact with air) AND MUST THEREFORE BE KEPT IN AN AIRTIGHT CONTAINER IN ORDER TO ENSURE IT IS PRESERVED CORRECTLY. WE HAVE USED OUR EXTREMELY ADVANCED TECHNOLOGY TO DISSOLVE IT IN A PURELY NATURAL LIQUID (without preservatives) TO ENSURE IT UNDERGOES NO CHANGE AND IS PERFECTLY EDIBLE. OUR ROYAL JELLY IS PLACED IN GLASS BOTTLES AND HEAT-SEALED.

EACH BOX OF ROYAL JELLY CONTAINS 15 OF THESE SMALL BOTTLES AND YOU WILL NEED 2-3 BOXES FOR EACH TREATMENT CYCLE.

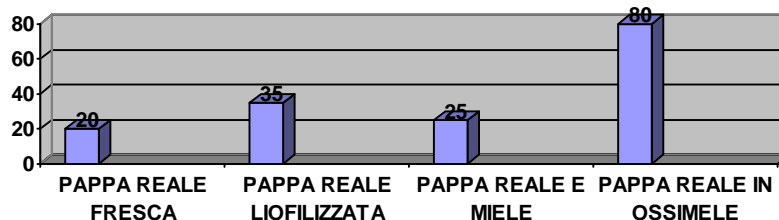
Application: add 1 bottle to a small amount of water and drink on an empty stomach every morning.

Our ROYAL JELLY is provided in an oxy-honey form as this is the easiest way to take it and the best way for our organism to absorb all its properties. Results from a study carried out by German scientists demonstrate that our exclusively patented oxy-honey form is the best way to take ROYAL JELLY.

The biological activity of Royal Jelly in its most common forms:

- A) FRESH ROYAL JELLY: 20%
- B) DRIED ROYAL JELLY: 35%
- C) ROYAL JELLY AND HONEY: 25%
- D) ROYAL JELLY IN OXY-HONEY FORM: 80%

ATTIVITA' BIOLOGICA DELLA PAPPA REALE NELLE SUE PIU' COMUNI FORMA DI SOMMINISTRAZIONE



PROPOLIS

“PROPOLIS” is a natural product that protects the health of bees in the hive.

It is an antiseptic that stops foreign substances from fermenting (the bodies of small animals, etc.), and above all cell deposits in the honeycomb where bee eggs and larva are raised. It also conditions possible development of the saprophyte microflora. PROPOLIS has a different task in the beehive compared to its other products. Honey, nectar, pollen, Royal Jelly and beeswax support life in the beehive, the perpetuity of the colony, construction work, while PROPOLIS appears to be a simple accessory as there are only small quantities present and it is only a passive mastic or protective film for the honeycombs. However, it is actually the hive's uppermost conservation element, ensuring that the bees' activity can proceed normally in a healthy environment, free from harmful micro-organisms that are naturally carried into the hive by pollen, air, etc.

PROPOLIS is able to do this because of its components, such as: resin, essential oils, cinnamic alcohol, cinnamic acid, flavones, terpenes (cariophyllaries), aromatic aldehyde, iso-vanillin, unsaturated acids (caffeines and fellurics), etc.

PROPOLIS BACKGROUND

Was discovered thousands of years ago: the Egyptians and Greeks were supposedly the first to use it and gave it its current name. "PROPOLIS" is a Greek word that literally means entrance to the city, alluding to its presence at the entrance to the beehive.

Aristotle described it as "an excellent skin remedy" in his book entitled "History of Animals."

Varro and Virgil also mentioned it in their works in the 1st century BC.

Romans Pliny and Dioscorides discussed its origins in the 1st century AD. Pliny said that PROPOLIS "removes stings and thorns from the skin, reduces swelling and softens hard skin. It also lessens pains caused by anxiety."

During the 2nd century AD, Galenus also speaks of it. Later on, in the 11th century AD, an Iranian doctor and philosopher called Avicenna stated that PROPOLIS: "is capable of removing arrowheads and thorns, cleans and softens."

The Incas made wide use of it; Medicine Books from Georgia in the 12th century report that it was used in many preparations at that time.

It was also extremely popular in France during the 18th and 19th centuries and during the Boer War in South Africa in 1900.

Our "PROPOLIS" is the purest available and comes from beehives located high in the mountains. It is carefully selected and cleaned before going to our laboratories where we obtain a concentrated extract to dilute with oxy-honey, which is then put into small single dose glass bottles and heat-sealed. This is done to ensure it stays fresh and effective.

Each box contains fifteen 3 ml vials, 2 to 4 of which should be added to a small amount of water and taken regularly each day.

FOOD PRODUCTS

TRAPPIST MONKS

JAMS

The Monks prepare these jams using a simple age-old recipe:

"The Monks grow the fruit themselves and, after they have picked it from the trees, they leave it to macerate, add sugar and then boil it"

They contain no chemical or artificial additives, preservatives, colorants or pectin.

The sugar residual (63%) mostly comprises sugars from the fruit itself.

MARMELLATA DI ALBICOCHE (Prunus armeniaca)

The albicocca is rich in vitamins A, B, C, PP, Levulosio, Glucose, Salt minerals, and oil elements. It is very nutritious, energizing, and digestible. Although it is primarily recommended for growing children, convalescents, and the elderly, it is excellent for everyone.

MARMELLATA DI AMARENE (Prunus cerasus)

Fruit imported into Europe from Lucullo on his return from his Asian expedition. The black cherries, which are also defined as "amarasche" for its sour and sharp taste, are excellent fruits rich in vitamins.

MARMELLATA DI ARANCE (Citrus aurantium)

Natives of China cultivated oranges in all regions with moderate climates; the oranges are rich in vitamin B1, B2, P, Carotene and pro-vitamin A, excellent in vitamin C, salt minerals, and oil elements. It is one of the best winter fruits and its nutritional benefits guarantee a considerable contribution to life.

MARMELLATA DI CILIEGIE (*Prunus vulgaris*)

“Ceresa si comedas tibi conferat grandia dona: espurgans stomachum, nucleus lapidem tibi tollit; et de carne sua sanguis eritque bonus.” (If you eat cherries you will experience its benefits: they will clean your stomach; its essentials will free you from stone bladder; all of the blood in your body will improve. *From the School of Salernitana*). Among all of the jams, this one is most preferred by children for its sweet, delicate and fragrant flavours.

MARMELLATA DI COTOGNE (*Cydonia vulgaris*)

The Apple Quince is the most common tree in all of Europe and produces a jam slightly sour from its sharpness. It contains a considerable quantity of tannin and pectina, which renders a precious quince when it is necessary to exercise soothing and rigorous actions to the mucose digestive system.

MARMELLATA DI CREMA DI MARRONI (*Castanea sativa*)

“Acorns of Sardinia” (name given by the Greek) always represented one of the most common food capisaldi since the ancient times, taken by the Etruscans, the Greek and the Romans. This is a highly nutritious and digestible food that is given for nutrition to all age levels. It contains minerals, amidi, sugars, albuminoidi, etc.

MARMELLATA DI FRAGOLE (*Fragaria vesca*)

Fontanelle, who lived for a century, attributed his longevity to the large consumption of strawberries. The sugar of the strawberries do not harm the diabetics, therefore they are permitted to enjoy this fruit. Sweet, fragrant and delicious, strawberries and their jam enrich afternoon snacks and breakfasts; their delicate aroma is maintained unchanged for a long time.

MARMELLATA DI LAMPONI (*Rubus idaeus*)

The fruit, with little nutritious value, is a benefit to those with diabetics, asotomic, despepticism, and rheumatism. The taste, although slightly bitter, renders it pleasurable for everyone.

MARMELLATA DI LIMONE (*Citrus limoneum*)

Enjoyable, rich in vitamins, and pleasing to the palate.

MARMELLATA DI MELA (*Malus communis*) **E ARANCIA** (*Citrus aurantium*)

The apple, a nourishing medicine appreciated throughout ancient times for its rich elements, results in a valuable and pleasant taste when blended in a jam with the nutritious and delicious orange.

MARMELLATA DI MELA (*Malus communis*) **E LIMONE** (*Citrus limoneum*)

From a pharmacists' nutritional perspective, the combination of apple with lemon is very appealing and interesting.

MARMELLATA DI MIRTILLI (*Vaccinium myrtillus*)

The very mature fruits, eaten fresh or in young jams, are helpful for diarrhoeas and improving the sight.

MARMELLATA DI MORE (*Rubus fruticosus*)

Blackberries produce jams with a unique flavour that everyone should experience.

MARMELLATA DI PESCHE (*Amygdalus persica*)

The peach, with respect to other similar fruits, contains a small quantity of sugar (60% invert sugar, 40% sucrose). This jam is highly recommended to diabetics.

MARMELLATA DI POMODORI VERDI (*Lycopersicum esculentum*)

Rich in vitamins, salt mineral and oil elements, the tomatoes, above all other forms of jams, represent an excellent and complete nutrient. Agreeable and zesty, they offer the consumer the possibility to enjoy rare and unique flavours.

MARMELLATA DI POMPELMO (*Citrus decumana*)

With respect to all other fruits, grapefruits are bitter and acidic and produce sour and sharp flavours. However, their flavours are alleviated by the benefits of the sugar that renders it pleasing to every palate.

MARMELLATA DI PRUGNE (*Prunus domestica*)

The plum is a nourishing fruit that, due to its composition, results as a mild laxative.

MARMELLATA DI RIBES NERO (*Ribes nigrum*)

In the 18th century, the blackcurrent was considered: "a fruit that favoured the longevity of man." In fact, it is very rich in vitamin C and antioxidants, which maintains its impervious true value.

MARMELLATA DI RIBES ROSSO (*Ribes rubrum*)

FRUIT AND HONEY JAMS

The particular thing about these jams is that they contain honey rather than sugar and to a lesser degree (only 20%, the rest is pure fruit). You can therefore appreciate the natural taste of the fruit more and anyone who should not eat too much sugar can also eat these jams without fear.

- **MARMELLATA DI ALBICOCCHE E MIELE**
- **MARMELLATA DI ARANCE E MIELE**
- **MARMELLATA DI CILIEGIE E MIELE**
- **MARMELLATA DI PESCHE E MIELE**
- **MARMELLATA DI PRUGNE E MIELE**
- **MARMELLATA DI MIRTILLI E MIELE**
- **MARMELLATA DI FRAGOLE E MIELE**
- **MARMELLATA DI MORE E MIELE**

MONASTERO DI LANUVIO

The monks of the Monastery of Lanuvio apply a biological cultivation on everything they grow on their grounds with the objective to grow fruits of special nutritional value and without the use of pesticides, fungicidal and synthetic fertilizers. From and with these fruits, they produce a special biological jam with a low percentage of sugar (the sugar used is strictly from sugarcane) without adding preservatives, colouring or other artificial substances.

MARMELLATE BIOLOGICHE DEL MONASTERO DI LANUVIO

- **MARMELLATA BIOLOGICA DI ALBICOCCHIE**
- **MARMELLATA BIOLOGICA DI AMARENE**
- **MARMELLATA BIOLOGICA DI ARANCE**
- **MARMELLATA BIOLOGICA DI CASTAGNE**
- **MARMELLATA BIOLOGICA DI CILIEGIE**
- **MARMELLATA BIOLOGICA DI FRAGOLE**
- **MARMELLATA BIOLOGICA DI FRAGOLE E BANANE**
- **MARMELLATA BIOLOGICA DI FRUTTI DI BOSCO**
- **MARMELLATA BIOLOGICA DI MELE**
- **MARMELLATA BIOLOGICA DI MORE**
- **MARMELLATA BIOLOGICA DI PESCHE**
- **MARMELLATA BIOLOGICA DI PRUGNE**

EXTRA VIRGIN OLIVE OIL

The age-old tradition and religious devotion the Silvestrian Benedictine Monks made to growing olives on their farm at S. Quirico d'orcia earned them the gold medal at the International Exhibition of Art, Science, Industry and Commerce in 1910. Their extra virgin olive oil has an intense colour and decisive but delicate taste and is the result of careful harvesting, selection and processing of their olives, a stone pressing and patient decanting. This arrives at our tables to enhance the taste, fragrance and wholesomeness of our food.

ACETO DI MIELE

(honey vinegar)

The Sylvestrian Benedictine Monks from Montefano use a unique procedure to ferment honey and turn it into vinegar. Used in place of ordinary vinegar, it helps optimise the acid/basic level in our organism. It contains a large amount of mineral salts, enzymes and vitamins to help metabolism and is excellent in preventing many irritating problems with the stomach, especially indigestion. It makes salads somewhat special and easier to digest. A teaspoonful in a small amount of water taken on an empty stomach in the morning can help improve the quality of our lives. It is also recommended for people suffering intellectual and psychic fatigue, some joint problems, artery hypertension and chronic tiredness.

FUNGHI PORCINI SECCHI

(dried pore mushroom)

A walk through the forests surrounding the Camaldoli Monastery will help you appreciate these mushrooms. Friars picked and dried by the Friars themselves. They are extremely large and meaty and have a particularly strong taste, and are thoroughly cleaned before packing.

aromatic herbs

for dressings

There are two fundamental requirements for a good diet to be just that: it must be both healthy and tasty. These two factors do not always coincide – when something is tasty it is not always healthy, and vice-versa.

The old saying, “I don't know why all good things are bad for you”, can be made void by using our herbs.

They are made from carefully selected and cleaned plants and created to make dishes full-flavoured, digestible, tasty and, above all, healthy.

AROMI PER CARNI

(herbs for meat)

This contains coriander, tarragon, aniseed, organ, pennyroyal, rosemary and bay leaves. It makes all meat, especially roasts, particularly tasty and easier to digest.

AROMI PER PESCE

(herbs for fish)

This contains fennel, basil, chives, thyme, rosemary, marjoram and parsley. It is particularly suited to roast and boiled fish, or fish cooked otherwise, giving it an enriched flavour without spoiling its natural flavour and makes it easier to digest.

AROMI DI PROVENZA

(herbs from Provence)

This contains basil, marjoram, thyme, oregano, rosemary and savoury. It is a traditional product from Provence where it has always been used on both fish and meat, making them tastier and easier to digest.

SPEZIE AROMATICHE BERBERE'

Capsicum, cardamom, carvi, Greek hay, cloves, black pepper, cinnamon, coriander, pepper cloves, ginger. Rich, fragrant, and optimally spicy. Recommended for roasts and crudité.

SPEZIE PICCANTI DEL MONASTERO AL CHILI MESSICANO

Chili, garlic, capsicum, cumino, oregano. Very spicy, ideal for those who love foods with a strong taste; the chili is the key ingredient.

SPEZIE ESOTICHE DEL MONASTERO AL CURRY

Musk mallow, cinnamon, capsicum, carvi, cumin, coriander, curcuma, Greek hay, cloves, macis, paprika, pepper nail, black pepper, ginger. Excellent spiced aroma for rice and main dishes for added flavour.

SPEZIE AROMATICHE DEL MONASTERO PER VIVANDE

Laurel, basil, cinnamon, coriander, galangal, juniper, walnut muscatel, oregano, pepper nails, black pepper, rosemary, saves celery. It enriches any type of dish since its composition is rich and varies to compliment perfectly.

CIOCCOLATO DEL CERTOSINO

(Certosini chocolate)

For over 100 years, chocolate has represented a true point of reference for Ai Monasteri. The formula and the ingredients are the same ones used over time and even today; substitutes or never used and the cocoa is never replaced, which is created by the oils and fats produced by nature; for this our chocolates are appreciated from every perspective and represent an important part of our history. The grandfather Domenico was the first one that proposed to the Certosini (from where the name 'chocolate' is derived) to use a certain formula, perhaps more expensive and laborious, but of assured success. Today we are in a position to create and appreciate a product of quality and flavour. We hold true that: "All our recipes of pure chocolate are created exclusively with 100% cocoa butter and we guarantee the flavour and quality of our products in full respect of the ancient tradition."

CHOCOLATE

Theobroma cacao (Fam. Sterculiaceae) is originally from central tropical America. It grows in hot and humid climates in many different regions between the 23rd north parallel and the 20th south parallel.

This plant bears fruit all year round, but the main harvest is only carried out twice a year, at times that varies from area to area.

The seeds of this plant produce both cocoa and cocoa butter, which in their turn are used to make chocolate.

HISTORY: PRE-COLUMBIAN COINS

Cocoa had been grown for many years when the first Europeans set foot in America. According to legend, King Quetzacoatl grew cocoa in Heaven where men first lived. The Mayas were the first evolved people to carry out this activity and used cocoa beans for currency. The Last Dynasty still collected payments in cocoa from the twenty small towns in this crumbling kingdom in 1462, and after the capital city had been destroyed.

Cocoa became a part of history with the Aztecs. Cocoa paste was blended with other ingredients such as vanilla, honey, spices and water, heated and worked to make a nutritious, fortifying drink which they considered aphrodisiac and used during religious ceremonies.

On July 30th, 1502, and on his fourth voyage, Christopher Columbus reached an island, which he later called "Pine Island", where he encountered a boat carrying beans that served as currency among other goods. These were cocoa beans and this was the first time a European had set eyes on them.

However, this discovery remained secret until Cortes conquered Mexico and got to know more about cocoa. King Montezuma donated a 2,000 square feet cocoa plantation to the Spaniards to ensure they had the means to pay for what they needed.

In 1528 Cortes took this cherished product to Spain, which was the first time it had appeared in Europe. It became so popular that Linnaeus named it "Theobroma cacao", in other words, the food of Gods.

Chocolate has recently been "rediscovered" by modern-day nutritionists who state that, eaten sparingly, it provides energy, invigorates, calms and relaxes and can be a pleasant companion.

These affirmations are proved by cocoa's composition:

Theobromine is the most important nitrogenous substance contained in cocoa. It is a white powder comprising tiny odourless, bitter-tasting crystals.

It is a powerful diuretic and vasodilator. It also has a strong effect on muscles.

As well as theobromine, Cocoa beans also contain caffeine. Both these substances are diuretic xanthenes that increase diuresis by stopping water from being reabsorbed in the kidney tubules.

Caffeine also improves blood circulation without interfering with the heart's plastic conditions and stimulating it in order to mobilise the muscular fibre's energy reserves.

The large quantities of serotonin must also be given consideration.

Monks were the first people to highlight the great positive influence this exotic plant had on health. They began study and research to discover how it could be preserved and administered which led to the production of Chocolate, as we know it now.

CACAO FINISSIMO IN POLVERE (fine cocoa powder)

Excellent for adding to your breakfast, desserts and ice cream, but just as good for making a steaming hot cup of chocolate.

CACAO FINISSIMO IN POLVERE E MENTA (fine cocoa powder and mint)

For a special chocolate with a mint flavour, that is an energizer and stimulant. The unusualness of this chocolate is that can be enjoyed, in summer, cold and it leaves a unique freshness to the palate.

CIOCCOLATINI ALLA MENTA (mint chocolate)

CACAO FINISSIMO IN POLVERE E CANNELLA (fine cocoa powder and cinnamon)

Derived from an exotic flavour, the blending of cocoa and mint results in an unusual taste to the chocolate that can be enjoyed in this unusual way. The digestive effect and aroma of the cinnamon along with the energizing cacao represents a mix of absolute effect.

CIOCCOLATINI ALLA CANNELLA (cinnamon chocolate)

CACAO FINISSIMO IN POLVERE E PEPERONCINO (fine cocoa powder and paprika)

Very spicy, stimulating and unique; it's worth trying and if you do you'll probably never let it go. The roundness of the cocoa contrasts the edginess of the paprika in an explosive blend. Together they create an exciting effect to experience.

CIOCCOLATINI AL PEPERONCINO (paprika chocolate)

CIOCCOLATINI ALLO ZENZERO (ginger chocolate)

In India and China, the Ginger comes from valuable plants through a nourishing tradition rather than through the pharmacy. It has a spicy taste that is delicate and very fragrant. Its union with the cocoa deserves special attention since a much more fragrant and digestible product is achieved. Together the elements emit a powerful source of energy.

CIOCCOLATO DEL CERTOSINO AL LATTE (30% DI CACAO) (Carthusian milk chocolate, 30% cocoa powder)

The perfect blend of milk and cocoa makes this a sweet and delicate chocolate.

CIOCCOLATO DEL CERTOSINO FONDENTE EXTRA

(45.5% DI CACAO) (Carthusian extra dark chocolate, 45.5% cocoa powder)

Traditional dark chocolate where the bitter taste of the cocoa powder helps complete a tasty and energetic bar.

CIOCCOLATO DEL CERTOSINO FONDENTE SUPER

(70% DI CACAO) (Carthusian extra, extra dark chocolate, 70% cocoa powder)

This is an energy-giving, full-bodied dark chocolate perfect for all connoisseurs.

CIOCCOLATO DEL CERTOSINO AL LATTE CON NOCCIOLE (Carthusian milk chocolate with hazelnuts)

CIOCCOLATO DEL CERTOSINO FONDENTE CON NOCCIOLE (Carthusian dark chocolate with hazelnuts)

CIOCCOLATO BIANCO

(white chocolate)

Delicate and crumbly, enriched with cocoa butter, this high-calorie chocolate is wonderfully tasty, temptation itself for those of us with a real sweet tooth.

CIOCCOLATINI

AL LATTE E FONDENTI

(milk and dark chocolates)

These can be bought in 100-, 200- or 500-gram packets or in an elegant gift box.

SCORZA DI ARANCE CANDITE IN BAGNO DI CIOCCOLATO (candied orange skin bathed in chocolate)

There is nothing more pleasant and more stimulating than the outer layer of an orange, rich in vitamins, essential oils and polyphenols. It is then bathed in melted chocolate. This delicacy is energetic and re-mineralising and is a very good excuse to indulge and offer others.

NOCCIOLE DEL VITERBESE IN BAGNO DI CIOCCOLATO (Viterbese hazelnuts bathed in chocolate)

The flaky and aromatic hazelnuts of our region blend perfectly with our melted chocolates and embody not only an excellent afternoon snack, but also a splendid dessert after a complete dinner.

MANDORLE NOSTRANE IN BAGNO DI CIOCCOLATO (regional almonds bathed in chocolate)

The sweet and delicate almonds from our lands are enriched with our melted chocolates to create a sweet and bitter dichotomy that can satisfy every palate.

CONFETTI BIANCHI AL CIOCCOLATO (white chocolate confetti)

Pure chocolate thinly covered in a layer of sugar icing that renders it a delicious delicacy.

NOCCIOLE E MANDORLE RICOPERTE DI ZUCCHERO (hazelnuts and almonds lightly layered in sugar)

DELIZIE AL CIOCCOLATO (chocolate delight)

Refined product of seduction, a delicacy covered in chocolate.

- **DELIZIE AL LIMONCELLO (limoncello delight)**
- **DELIZIE AL RHUM (rum delight)**
- **DELIZIE AL CAFFE' (coffee delight)**
- **DELIZIE ALLA NOCCIOLA (hazelnut delight)**

CREMACIOCCOLATO AL LATTE (milk chocolate paste)

Tasty chocolate spread that can be used as a topping for special-occasion cakes.

CREMACIOCCOLATO

FONDATE

(dark chocolate paste)

Extra dark chocolate spread, tasty and incomparable.

UOVA PASQUALI AL LATTE E FONDENTI (con sorpresa) (Milk chocolate Easter egg with surprise)

This is made of a particularly refined chocolate, not only because of the high-quality ingredients used, but above all because of the technique used to make it, has remained unchanged for 200 years. X`

THE TEA TO AI MONASTERI

Father Matteo Ricci the "guru of the West" opened the world to the mysteries of China; Sinologist, missionary; he was born in Macerata on October 6, 1552, and died in Beijing on May 11, 1610. At one time, the man of the church joined the diverse cultures of the West and the East. It is because of him that our society has been enriched with knowledge and experiences and through him we had the first contact with the exotic plant, the *Camellia sinensis* that would intrigue billions of people to its essence.

The tea is the most popular drink in the world. It recounts a Chinese legend that in 2700 B.C. circa, the health fanatic emperor Shen-Kung, ordered that water be boiled before drinking it. The servant adhered, but while the water boiled, several leaves of the tea drifted from the wind into the boiling water. The emperor drank it and was captivated by its taste: this was the first tea in history. In Europe, tea entered for the first time masked as medicine in the 16th century as a disinfectant, stimulant and diuretic. The plant from where tea derives from is a robust evergreen that belongs to the same botanical family as the camellia. Its botanical name is *Camelia Sinensis* Link. It requires a damp-warm climate and an altitude of about 2000 meters, to grow. Every trunk ends with a sprout covered with fluff. It is actually this last part, called in Chinese "pakho," that gives the name to the finest part of the tea, the sprout 'TEKOW. Using old leaves, which are distant from the sprout, decreases the quality and price of the tea. Its main components are: teina (caffeine) up to 4%, theophylline, theobromine from 1%-5%, essential oils from 0.5%-1.0%, polyphenols, above all concentrated catechical tannins from 5%-25%, flavonoidi, saponine triterpeniche, principal activities that originate during the fermentation, mineral components (which we've identified): fluorine, iron, calcium, phosphorous, sodium, potassium, and other protein elements of nature. The Vitamins included of the group B 1 and B 2, Vitamin C, E and P. Such components have multiple purposes: stimulant for the nervous and cardiovascular systems, diuretic, astringent, low calories, digestive and germicide. As such, the tradition of the English to enjoy their tea at 5 in the afternoon, serves to clear the stomach.

The varieties include:

TÈ NERO CEYLON PEKOE (Ceylon pekoe black tea)

Represents the classic quality of excellence and its process of preparation expect a withering phase in which the leaves are loose for 8 to 24 hours at temperatures between 20 and 25°C, then continues with the leaving rolling up, which lose their dampness and are ready to be reeled. In this phase the walls of the leaf open emitting a cellular liquid that, upon contact with the oxygen in the air, it oxidizes, so begins the process of true fermentation when it typically darkens. The roasting follows, which is obtained by warming up the leaves with temperatures between 80 and 100° C.

TE' ORANGE PEKOE OP a foglia intera (orange pekoe tea with whole leaves)

This is a typical breakfast tea, which is also excellent for the afternoon, thanks to its full flavour; superb, as well, served cold with lemon.

TÈ NERO INDIA ASSAM (India Assam black tea)

(Derived from the name of a region North of India) is a very dark tea due to its strong and robust flavour and from the lightly spiced aroma.

TÈ DARJEELING (Darjeeling tea)

It is considered the champagne of teas, for its fine flavour of muscatel and its wonderful aroma; it contains a delightful combination of a cool temperature, proper level of dampness, daily rainfall, and quality of ground and air.

TÈ NERO AROMATIZZATO (flavoured black tea)

The black tea consists of, generally, the foundation for the addition of fruit, outer layers, flowers, leaves, petals and spices with natural aromas. This is how we acquire such flavoured quality.

- **TÈ TATUNG AL BERGAMOTTO (Earl grey),**
- **TÈ TAICHUNG ALLA ROSA,**
- **TÈ KAIFENG AL GELSOMINO,**
- **TÈ TAONAN ALLA MENTA,**
- **TÈ SUCHOW ALL'ARANCIO,**
- **TÈ LIKIANG AL LIMONE,**
- **TÈ KUSHI ALLA PESCA,**
- **TÈ MANCHUNG AL MANGO,**
- **TÈ CHENG AL CEDRO.**
-

All of these varieties should be enjoyed without further addition of other elements, such as lemon or milk, and are excellent also served cold.

TÈ VERDE (green tea)

The creation of green tea differs from black tea by its lack of fermentation, resulting in dark green leaves left in its original structure. The toasting and utilization of different methods (vaporized, heated, in containers of copper) are differentiated by the production of various types of green teas. The differences with respect to the black tea are not just in the colour or taste; thanks to the different productions, the green tea maintains itself whole, including the content of polyphenols (catechins and concentrated tannins) that contrast with the stimulating effect of caffeine. Green tea contains a larger percentage of Vitamin C than its black counterpart and in a recent international study, it was found that within the special restrained catechism were epigallocatechins that cancel the formation of tumours in the skin of mice. Due to the high content of polyphenols, the green tea is more astringent than the black tea and results in a mild action, which eases the stomach and intestine.

TÈ VERDE GUNPOWDER (polvere di cannone) (green gunpowder tea – canon powder)

Of Chinese origin with a rich and fragrant taste and slightly bitter taste in the beginning, it is the most widely used drink during the meal.

TÈ OOLONG (semifermentato)

Known as the Jade of the Chinese tea, its flavour lies somewhere between green tea and black tea and it is particularly strong and full of taste. It is still produced in traditional methods that require many phases of production and therefore, is considerably more costly than most other teas. The fresh leaf is partially dried in the sun and then fermented only in parts, which means that the central part of the leaf remains intact. After this process, the leaf is brought to a high temperature until a specific equilibrium of colour, taste and fragrance are all met.

TÈ BIANCO PAI MU THAN (white tea – Pai Mu Than)

This is an extraordinary rarity even among the Chinese. The process occurs with delicate methods that exclude certain typical treatments. This type of tea is not fermented and the process of withering and consequent drying that occurs immediately after the collection has no any intermittent pauses. The infusion has a silver and brilliant yellow colour, and a very delicate taste.

TÈ ROSSO- ROOIBOS (red tea – Rooibos)

We travel, in this case, from the traditional zones of production to arrive until the end of South Africa where the west coast is cultivated. The young fresh leaves come cut in pieces of about 5 mm. and then after the fermentation process, they turn a reddish colour. Unlike the black tea, it has no caffeine and contrary to the green tea it has a low content of tannin and is therefore sweeter. It is appreciated for its soft and delicate aroma.

TÈ AKITA cinese affumicato (Akita tea – smoked by the Chinese)

Known to connoisseurs as the LAPSANG SUCHONG, it grows primarily in the province of Fujian, where it finds its ideal climate since the plantations there are often covered by fog. The production of the leaves start with the large leaves that come withered above the grill prepared with red spruce wood, which is then rolled up, to the exsiccation (operation of drying) and to the fermentation. To finish the preparation, the leaves are placed inside baskets of bamboo and are hung up above a bundle of sticks burning from which the pinewood of smoke and spruce are released. It is in this manner that such characteristic smoky aroma and dark red colour of this tea results.

Among the variety of teas, we are able to include:

MATE'

It comes from the dried leaves of the ex-Paraguayans, however the Jesuits were the first to cultivate them. It is a more bitter than the common teas, but they preserve better the actual aroma. It has the same stimulating activity since it contains caffeine.

KARKADE'

From the Hibiscus flowers (*Hibiscus sabdariffa*) this drink is created from a red colour, with an agreeable taste that's very refreshing. It recounts the legend that on a sultry day in the distant past, an old Indian dervish walked to bring help to the victims of the plague. Hot from the burning sun, burnt from thirst, exhausted from the hunger, and weakened from the fatigue, he did not see the resting shadows, he did not hear the temptations of the abounding commodities that he carried on the shoulders, but with each step he slouched further and continued to walk, walk, walk... The old and tired man, ran up the large Brahma with so much admiration and compassion that the arid earth he immediately made a shrub sprout, meanwhile, he slowly whispered to the poor one: "Pick one of these large red flowers that I made bloom for you." He picked up flower and bit it; he was immediately restored, refreshed, no longer starving; he was almost rejuvenated, and continued to walk, walk and walk upright and tall. Really...?

Much runs between the legend and reality: the miracle flower, the panacea flower, no one ever saw them bloom on our lands!

Not only is it enjoyable but also rich in elements that render it truly healthy. This drink is obtained by pouring boiling water over fresh petals or dried karkadè (a cup from tea for every teaspoon), leaving them to absorb for several minutes until the water is able to appropriate the elements, and finally sweeten and flavour them even further with a slice of orange or lemon.

This is a healthy drink due to the unusual flower petals and citric acid that renders it refreshing as lemonade; with their tart acidic riches, it's also diuretic and refreshing.

How to prepare it:

A good tea always requires careful and creative preparation in order to heighten all of its qualities. When there is no spring water from a mountain, so praised from the Japanese, we need to carefully select water that is not too alkalinised which causes oxidation and precipitation of the polyphenols, rendering an insipid infusion; however, if instead it contains too much iron, the infusion becomes dark and loses a part of its nutritious value. It is important that the water has been just boiled and the teapot used is not too large and is made of, ideally, porcelain or another porous material. The quantity of tea is generally 2-3 grams per person; the Anglo-Saxons generally apply the rule of a teaspoon of tea for each person and one "for the teapot"; it is left in infusion for 3-5 minutes. If a lighter tea is preferred, it is recommended after 2 minutes to throw out the first cup which is richer in caffeine and being an alkaline, it is liberated first; alone subsequently the tannins are free, which increase the benefits for the stomach and intestines. Keep in mind that cups have to be of the same material as the teapot and the internal walls should be white. The teapot and the strainer only get rinsed and should never be washed with detergents, which allow the tannin to remain on its inner walls.

Lemon or milk? The milk links with the tannins, which diminish their availability; however, they could release gradually once digested and therefore eventually render its benefits. The lemon, on the other hand, develops an antioxidant effect from the tannins. To fully enjoy cold tea, it is preferred to use larger amount of tealeaves and if sweetness is desired, add sugar when

it is still warm. Some of the teas described resent the addition of alcoholic substances in the place of milk or lemon, such as grappa, gin, and cognac.

CARAMELLE (sweets)

Our sweets are made of purely natural ingredients, contain neither preservatives nor colorants and have been produced with direct heat, making them unique in their kind. We also make sugar-free sweets for those who cannot eat sugar. They can be bought in 100-gram packets or in a special gift box.

EUCALIPTUS (eucalyptus flavour), ORZO (barley flavour),

RIPIENE AL MIELE (honey centres), RIPIENA AL MIELE E PROPOLI

(honey and propolis centres),

RIPIENA AL MIELE ED EUCALIPTUS (honey and eucalyptus centres),

RIPIENE AL MIELE E LIQUIRIZIA

(honey and liquorice centres),

GENEPI E TANED

A(genepi and taneda flavour),

GELATINE (jellies)

AL MIELE (honey flavour),

MIRTILLO (blueberry flavour),

LAMPONE (raspberry flavour), FRAGOLA (strawberry flavour),

MENTA E LIQUIRIZIA

(mint and liquorice flavour),

FRUTTI DI BOSCO

(berries),

ARANCIO E LIMONE

(orange and lemon flavour),

MENTOLO FORTE

(strong mint flavour),

ERBE ALPINE (Alpine herb flavour), CAMOMILLA (camomile flavour), PROPOLI (propolis flavour),

CAFFÈ (coffee flavour),

VIOLETTA (violet flavour).

CAMALDOLI MONASTERY

Traditional sweets from the age-old Camaldoli Pharmacy: Gemme di Pino (pine gems).

FLAVIGNY ABBEY

This Abbey has been producing sweets with the same method and formula since the 16th century. They are packed in dainty metal boxes to ensure they maintain their taste.

ANICE (aniseed), ARANCIO (orange), CAFFÈ (coffee), ROSA (rose),

CANNELLA (cinnamon),

GELSOMINO (jasmine),

LIQUIRIZIA (liquorice), MENTA (mint),

VANIGLIA (vanilla), VIOLETTA (violet).

LIQUIRIZIA (liquorice)

Liquorice (*Glycyrrhiza glabra* L.) has been famed for its medicinal properties since time immemorial; Hippocrates, Theophrastus and Dioscoride considered it useful for counteracting indigestion, chest pains, disturbed liver, coughs and for general wounds. The liquorice plant grows in a very limited area with a special climate and environment such as the Ionian coastline, where there is clayey soil, a dry climate and it is exposed to hot winds from Africa. This liquorice is a purely natural product, harvested and picked in this area. Black juice is extracted from the roots of the plant, which is then dried and cut into small squares to provide the finished product.

We sell various types of liquorice as can be seen below:

LIQUIRIZIA PURISSIMA SEMPLICE

(simple pure liquorice)

LIQUIRIZIA PURISSIMA ALLE ESSENZE VEGETALI

(pure liquorice with vegetable essences)

RADICI DI LIQUIRIZIA (liquorice root)

PESCETTI E MORE MORBIDE DI LIQUIRIZIA (soft liquorice fish and blackberries)

DESSERTS

AMARETTI MORBIDI

(soft macaroons)

These are soft, aromatic and particularly tasty, especially suitable with afternoon tea or a good strong, sweet wine.

CUNEESEI AL RHUM

(rum bonbons from Cuneo)

A traditional chocolate bonbon made with original Jamaican rum.

CUNEESEI ALLA NOCCIOLA (hazelnut bonbons from Cuneo)

An extraordinary blend of chocolate and hazelnuts.

TARTUFE

A chocolate cake that is so good and original, you have to eat it to believe it.

❖ TARTUFA NERA

(with dark chocolate)

❖ **TARTUFA BIANCA**

(with white chocolate)

❖ **TARTUFA AI CEREALI**

(with cereals)

❖ **TARTUFA ALLE NOCCIOLE (with hazelnuts)**

❖ **MARRON-GLACES**

**FOR EASTER, WE PRODUCE A LIMITED NUMBER OF
COLOMBE DELLA PACE**

This traditional Easter cake in the form of a dove is made without colorants or preservatives.

**FOR CHRISTMAS,
WE PRODUCE A LIMITED
NUMBER OF
PANETTONE**

This traditional Milanese Christmas cake is made without colorants or preservatives.

BISCOTTI (cookies)

Another one of our specialities is the creation of our exceptional cookies, which are only available during certain times of the year. They are products of an ancient Benedictine recipe that come from the monks during the time of festivities to thank the guests of the convent. Additionally, the biscotti were made for the poor that swarmed around the monastery centres, where they were able to, just as today, find both spiritual and physical comfort. These cookies are made with the finest quality ingredients, with special attention addressed to the formulas, the blends, the rising of the cookies, and to cooking only distinctive products on every table on a festive day.

- **BISCOTTI AL LIMONCELLO**
- **BISCOTTI ALLE MANDORLE**
- **BISCOTTI ALL'ANICE E CIOCCOLATO**
- **BISCOTTI AL COCCO**
- **TOZZETTI**

TORRONI (nougats)

This traditional type of nougat is one of a kind thanks to the ingredients used, such as honey, almonds, hazelnuts, candied fruits and excellent quality chocolate, its traditional recipe and age-old methods of preparation.

The following types of "Torrone" are available:

**TORRONE BIANCO
MANDORLATO
(white nougat with almonds)**

(SWEETENED SOLELY WITH HONEY, COMPLETELY SUGAR-FREE)

TORRONE BIANCO

MANDORLATO CLASSICO

(classic white nougat with almonds)

TORRONE BIANCO

MANDORLATO AL LIMONE (white nougat with almonds and lemon)

TORRONE MORBIDO

AL PAN DI SPAGNA

(soft nougat with sponge)

TORRONE MORBIDO AL CAFFE' (soft nougat with coffee)

TORRONE MORBIDO AL RHUM (soft nougat with rum)

TORRONE MORBIDO FRUTTA CANDIDA

(soft nougat with candied fruit)

TORRONE MORBIDO

AL CIOCCOLATO

(soft nougat with chocolate)

TORRONE MORBIDO

AL GIANDUIA

(soft nougat with Piedmontese nut chocolate)

TORRONE BIANCO RICOPERTO DI CIOCCOLATO

(white chocolate-covered nougat)

HEALTH PRODUCTS

"Nature as we see it is multicoloured and optimistic. However, it is not as it seems; if we open a leaf or peel a tree or we browse between the folds of the land, we notice that underneath there is a huge and complicated laboratory that works incessantly to create or maintain a balance that renders all liveable and appreciable. Man, in its great presumption and infinite ingenuousness hopelessly seeks to replace it, reproduce and realize what the laboratories of nature have already done in the last millennia. He will never succeed to replace it, but he can and will serve it." This thought of Henri Leclerc, in the last of his part, identifies perfectly our philosophy. Ai Monasteri produces and sells health products, cosmetics and liquors of ancient monastic traditions, which travels across five generations and over a hundred years of history, always guided by the same concept: "Serve nature and do not replace it."

On the basis of the actual traditions and experiences, the objective has been made of utilizing commercial markets of confirmed reputation that are obtained from nature with natural means.

COMPRESSE VEGETALI (plant tablets)

They are represented from a consortium of nutritional and officinal plants, bound with natural elements that guarantee stability, absorption and safeguarding. They are wholesome foods that, through their active agents, can benefit the human organism. Just as orange juice or lemonade guarantees vitamin C or carrot juice assures pro-vitamin A1, you are guaranteed the benefits of everything that modern nutrition deprives us. It's a new method, more practical and perhaps quicker. Nothing removed from their specific food value, our plant tablets offer an excellent solution, which support a better quality of life. They do not intend to substitute medicine because are only nutrients, but it can definitely sustain and encourage its effectiveness.

COMPRESSE CAROTA COMPOSTA (composed carrot juice tablets)

To promote a radiant suntan, to slow down the formation of wrinkles, to add brilliance to your skin, or to reduce the growth of pimples, it is necessary to introduce sustenance in order to compensate for the deficiencies of daily nutrition.

Carrot, *daucus carot*,

Wheat germ, *triticum aestivum*.

COMPRESSE DI UNCARIA COMPOSTA (composed uncaria tablets)

"When a door squeaks, give it a little grease." Mixture of herbs that benefit the joints.

Artiglio del diavolo radici, *Harpagophytum procumbens*,

Uncaria foglie, *Uncaria tomentosa*,

Betulla, *Betula pubescens*,

COMPRESSE DI ORTICA COMPOSTA (composed nettle tablets)

At times, iron is an important missing mineral in the diet and therefore it is opportune to use food sources that guarantee such intake.

Barbabietola, *beta vulgaris*,

Ortica, *Urtica dioica*,

Spinaci: *Spinacia olearia*.

COMPRESSE DI BARDANA COMPOSTA (composed Bardana tablets)

Regulate the intake of sugar, which for some individuals is absolutely necessary. The concentration of Bardana contains plant substances that are in a position to change its use.

Trigonella semi, *Trigonella foenum-graecum*,

Bardana radici, *Arctium lappa*,

Zucchine frutto, *Cucurbita Pepo*.

COMPRESSE SOLANUM COMPOSTO (composed solanum tablets)

A good digestive system can also be obtained through the intake of particular substances. The Concentrated Solanum could offer a valid natural support for the treatment of gastronomes and ulcers.

Patata tubero, *Solanum tuberosum*,

Cavolo foglie, *Brassica oleracea*,

COMPRESSE DI THE' VERDE COMPOSTO (composed green tea tablets)

Overweight, with a desire to become slimmer, a more mobile life is needed in times where excess food and a sedentary life are not encouraged.

Thè verde foglie, *Camelia sinensis*,

Tarassaco radici, *Taraxacum officinals*,

Betulla, *Betula pubescens*,

COMPRESSE DI CARDO MARIANO COMPOSTO (composed Cardo Mariano tablets)

The stress of modern life and inconsistent diets always make the liver suffer unwanted effects. At times, a good purification is needed.

Cardo Mariano semi, *Silybum marianum*,

Pomodoro fibra, *Lycopersicum esculentum*,

Carciofo foglie, *Cynara scolimus*,

Tarassaco radici, *Taraxacum officinale*.

COMPRESSE DI PRUGNA COMPOSTA (composed plums tablets)

A lazy intestine can represent a problem, especially if a drastic intervention is needed to encourage its functionality. Our concentrated formula can help without bringing about collateral complications.

Prugna frutto, *Prunus domestica*,

Tamarindo polpa, *Tamarindus indica*,

Malva fiori e bottoni, *Malva silvestris*,

Senna follicoli, *Cassia obtusifolia*,

Frangula corteccia, *Frangula alnus*.

COMPRESSE DI PROPOLI MASTICABILE (chewable propoli tablets)

Very useful for bees in defence of their beehives, as it is useful for man in the defence of his own organisms.

COMPRESSE DI ANANAS MASTICABILI (chewable pineapple tablets)

How to digest well and burn excess calories with a simple fruit.

Ananas, *ananas comosus*,

PROBIOTIX COMPOSTO (composed probiotix)

The natural agent that benefits our intestines and protects our organisms; stimulates and acts as a lifesaver.

Lactobacillus Bulgaricus, Lactobacillus Lactis, Lactobacillus Acidophilus, Streptococcus Thermophilus, Bifido Bacterium Bifidum.

DESCRIZIONE DELLA POSSIBILE ATTIVITA' DEI PRINCIPI ATTIVI (description of the possible effects of the active principals)

The Probiotics is part of the natural bacterial flora in the intestine, which maintains the balance of the microflora and could be affected by various natural factors, exogenous and endogenous. Such factors could include: psycho-physical stress, food items, environment or taking certain medicines that imbalance the flora bacterial that result in a sensitive organism, which attacks the pathogenous micro-organisms. In these cases of loss, it is advised to prepare a formula based of the following: Lactobacillus Bulgaricus, Lactobacillus Lactis, Lactobacillus Acidophilus, Streptococcus Thermophilus, and Bifido Bacterium Bifidum.

COMPRESSE DI CENTELLA (centella tablets)

It is important to regulate the circulation for all organisms, especially for the extremities that suffer the most.

Ippocastano, *Aesculus hyppocastanum*;

Cipresso, *Cupressus sempervirens*;

Centella, *Dentella asiatica*;

Gingko, *Ginkgo biloba*;

Biancospino, *Crataegus oxyacantha*.

COMPRESSE DI MELISSA (Melissa tablets)

Eliminate the grey tones and depressions in life in order to live peacefully; these tablets benefit the colon and all organisms that cannot be controlled.

Melissa, *Melissa officinalis*;

Verbena, *Verbena odorosa*;

Biancospino, *Crataegus oxyachanta*.

COMPRESSE DI TIGLIO (lime tree tablet)

Sleeping is necessary; a refreshing sleep allows you to live better, but only if experienced naturally.

Escolzia, *Eschscholtzia californica*;

Papavero, *Papaver rhoeas*;

Biancospino, *Crataegus oxyacantha*.

COMPRESSE AVENA (oat tablets)

Help yourself feel better and be more energetic, which can be accomplished with this natural product.

Damiana, *Turnera aphrodisiaca*;

Eleuterococco, *Eleutherococcus senticosus*;

Oat, *Oat sativa*.

COMPRESSE DI MIRTILLO (blueberry tablets)

To have an eagle's eye is not likely, but to improve your sight with a natural product, is possible.

Mirtillo, *Vaccinium myrtillus*;

Carota, *Daucus carota*;

Rosmarino, *Rosmarinus officinalis*

COMPRESSE DI SERENOA (serenoa tablets)

The weak point for a man after a certain age is prostate, however with this natural product the unpleasant effects can be altered.

Serenoa, *Serenoa repens*;

Ortica, *Urtica dioica*;

Carota, *Daucus carota*.

CAPSULE DI LECITINA DI SOIA (lecitina soybean capsule)

High cholesterol can only be controlled with a healthy and correct diet and with lecitina soybeans.

COMPRESSE LIEVITO DI BIRRA (beer yeast tablets)

An excellent way to absorb nourishing substances is through the intake of yeast on a daily basis.

Without yeast, our breads wouldn't be as delicious and we would be compelled to eat only piadine and flat foccace, which do not have the characteristic flavours and nutritious qualities that we have been accustomed to.

Without yeast, we could not produce beer or other fermented drinks. If yeast had not remained in active use in therapeutic fields (the ancient Egyptian papyrus of Eber, 4000 years ago, prescribe it for compresses and medicated bandages), perhaps the scientific searches would not have been continued and the value of the yeast not appreciated as a nutritious supplement.

Essentials of the yeast are:

- critical amino acids;
- vitamin B;
- salt minerals, magnesium (around 5,2% of the ashes);
- Oil elements that zinc, chrome, selenium, manganese, and magnesium.

Since the sixties, there have been rumours that there were deficiencies of the Magnesium mineral in our diet, which have serious consequences. Among the highest risk was tumour illnesses, decreased immune reaction, problems with fixing the calcium, heart and respiratory dysfunctions, etc. A way to considerably supply the organism with magnesium, utilizing an organic and bio-available undertone, is incorporating yeast. Also, among the others, the Selenium has recently ascended to the limelight, thanks to its active role in eliminating the free radicals between the main elements in charge of early ageing. Several yeasts are naturally rich, others come added, with natural technologies (growth of the yeast on cultivated grounds with selenium).

The yeast grows, with a relatively low caloric contribution and almost no traces of lipids, as well as a really modest digestive commitment, to give a concentrated position of nutritious elements. For this it can answer to the prerequisites the student studying for exams, the stressed manager, the sport athlete in training, the elderly with problems of assimilation, and the person of any age in a period of recovery.

Dr. Paavo Airola, President of the International Academy for Biological Medicine (Phoenix/CTSA), defined the yeast in beer as "the best natural substance against environmental toxins."

The purified effect of yeast is very much appreciated from young adults affected by acne, who are actually among the most enthusiastic consumers of this supplement.

ALCOLIDRATI

CONCENTRATED LIQUEURS

Wise Monks have carefully observed natural occurrences and paid great attention to Mother Nature and her fruits for centuries. They have now used an age-old tradition to come up with a range of concentrated liqueurs which, although just liqueurs, have an extremely beneficial effect on the human organism.

THESE ARE NOT PHARMACEUTICAL PRODUCTS, BUT LIQUEURS, WHICH, DUE TO THEIR CONCENTRATION AND CONTENTS, CAN BE EXTREMELY BENEFICIAL TO THE HUMAN ORGANISM.

They are made from medicinal plants that grow wild in unpolluted areas and picked when at their balsamic peak.

These are left to soak in 40 proof alcohol and regularly stirred for at least 20 days. Once this soaking process is completed, the resulting liquid is slowly percolated and left untouched for a month to season. Finally, it is filtered through cloth and the "ALCOLIDRATO" is ready.

ALCOLIDRATO DI ARTIGLIO

DEL DIAVOLO

(devil's claw liqueur)

ALCOLIDRATO DI AVENA

(oat liqueur)

ALCOLIDRATO DI BARDANA (burdock liqueur)

ALCOL. DI BIANCOSPINO (hawthorn liqueur)

ALCOLIDRATO DI BATULLA (betulla)

ALCOLIDRATO DI CALENDULA (pot marigold liqueur)

ALCOLIDRATO DI CARCIOFO (artichoke liqueur)

ALCOLIDRATO DI CENTELLA (centella liqueur)

ALCOLIDRATO DI CIPRESSO (cypress liqueur)

ALCOLIDRATO DI COLA

(cola liqueur)

ALCOLIDRATO DI DAMIANA (damian liqueur)

ALCOLIDRATO DI ECHINACEA (Echinacea angustifolia)

ALCOLIDRATO

DI ELEUTEROCOCCO

(eleuterococcus liqueur)

ALCOLIDRATO DI GINSENG

ALCOLIDRATO DI GINKGO

ALCOLIDRATO DI IPERICO (Aaron's beard liqueur)

ALCOLIDRATO

DI IPPOCASTANO

(horse chestnut liqueur)

ALCOLIDRATO DI LAVANDA (lavender liqueur)

ALCOLIDRATO DI MELISSA (lemon balm liqueur)

ALCOLIDRATO DI MIRTILLO (blueberry liqueur)

ALCOLIDRATO DI PASSIFLORA (passionflower liqueur)

ALCOLIDRATO DI PROPOLI (propolis liqueur)

ALCOLIDRATO DI QUERCIA MARINA (fucus liqueur)

**ALCOLIDRATO DI TARASSACO (dandelion liqueur) ALCOLIDRATO DI VERBENA
(vervain liqueur))**

ALCOLIDRATO DI VISCHIO (mistletoe liqueur)

ALCOLIDRATO DI ZENZERO (ginger liqueur)

CAMALDOLI (cordials)

These cordials are made from extracts of officinal plants and should be added to water. They are sold as in the same way as liqueurs, making them easy to use and a healthy and effective solution. These herbal liqueurs are made by a cold maceration of wild officinal plants.

These are not pharmaceutical products but liqueurs, which, due to their concentration and contents, can be extremely beneficial to the human organism.

CORDIALE ALLA FUMARIA

(fumitory cordial)

“Combined skin, tending towards greasy, is a serious beauty problem. Those who are unfortunate to suffer from this, must do their best to improve it .”

Ingredients: Fumitory leaves, burdock root and dandelion root.

CORDIALE AL GINEPRO

(juniper cordial)

This herbal liqueur can help circulation.

“When a door creaks, it needs a good drop of oil.”

Ingredients: juniper berries, devil’s claw roots and elderberries.

CORDIALE AL TARASSACO (dandelion cordial)

“After a large, heavy meal we all need a good digestive to help the liver, especially to burn excessive fats.”

Ingredients: dandelion roots, artichoke leaves, sterile horsetail caules.

CORDIALE ALLA CAMOMILLA (camomile cordial)

This herbal liqueur can help counteract insomnia.

“A good sleep and peace-filled rest are all we need to face the day properly.”

Ingredients: camomile flowers, valerian root, the heads of passionflowers, lime blossoms and the heads of escoltia flowers.

CORDIALE ALL’ECHINACEA (echininate cordial)

“To a lot of people, the onset of spring only means pollen and allergies.”

Ingredients: echinate root, currants and fragrant vervain leaves.

CORDIALE ALLA VERBENA

(vervain cordial)

“Whenever you can, try to cut out all the grey parts of your life so that you can live calmly and without any traces of depression.”

Ingredients: fragrant vervain leaves, lemon-balm flower heads, hawthorn flowers and mint leaves.

CORDIALE AL GINGKO

(gingko cordial)

This herbal liqueur helps counteract problems with circulation.

“We should all do some kind of exercise, however this is not always possible.”

Ingredients: ginkgo biloba leaves, horse chestnuts, cypress berries, centella leaves and hawthorn flowers.

CORDIALE ELEUTEROCOCCO

(eleuterococcus cordial)

This herbal liqueur can help fight tiredness.

“Tired, downhearted, bored, can’t concentrate? Relax and help yourself to a good elixir.”

Ingredients: eleuterococcus roots, wheatgerm and damian leaves.

CORDIAL ALL’EUCALIPTUS (eucalyptus cordial)

This herbal liqueur can give relief from coughing. It is really annoying to sleep with someone who coughs all night.

Ingredients: eucalyptus leaves, propolis resin and honey.

CORDIALE AL FUCUS

(fucus cordial)

None of us enjoy having to run for miles with a heavy backpack, which can weigh the same as the extra pounds we carry about every day.

Ingredients: fucus, sprouts, senna leaves and mouse-ear hawkweed flowers.

CORDIALE ALL’ERISIMO

(erigeron)

Smokers who want to stop often have difficulty getting out of the habit. A helping hand is all they need.

Ingredients: thyme leaves, fumitory leaves and erigeron flowers.

CORDIALE AL ROSMARINO (rosemary cordial)

This herbal liqueur can benefit sight. Tired eyes normally need some kind of compress or a pair of glasses.

Ingredients: rosemary leaves, blackberries and horsetail flowers.

HERB TEAS FROM CAMALDOLI

A good herb tea can often help resolve difficulties with our organism that do not necessarily need medicine. A hot drink made up of officinal plants is not a type of medicine, nor is it meant as a replacement, though it can counteract such problems. The Camaldolite Monks continue to reap the benefits of experience handed down by their predecessors by picking and blending officinal plants that grow in their area in order to make aromatic drinks that help re-balance our organisms.

THE FOLLOWING HERB TEAS COMPRISE AROMATIC AND OFFICINAL PLANTS THAT ARE AVAILABLE WITHOUT PRESCRIPTION. THEY ARE ONLY MEANT AS A PLEASANT DRINK AND NOT AS MEDICINES.

GROUP 1

ALLA GRAMIGNA COMPOSTA (with spear grass)

“Nature has the answer to constipation: healthy eating, exercise and a good herbal tea.”

Ingredients: Cassia obtusifolia, spear grass, peppermint, burdock, pellitory, camomile, coriander, fennel, lemon-balm flowers, sarsaparilla and star aniseed.

GROUP 2

AL CARCIOFO COMPOSTO (with artichoke)

“It is not always easy for our liver to tolerate what we eat.”

Ingredients: artichoke, combretum, elderberries, rampion, hemp, centaury, fragrant aspergillus, helichrysum, rosemary, chicory, peppermint, fumitory, liquorice and sweet orange.

GROUP 3

ALLA MELLISSA COMPOSTA (with hawthorn)

“You don’t necessarily have to drink a herb to before you go to bed in order to sleep, but you’ll sleep even better if you do.”

Ingredients: Lemon balm, lime blossom, hawthorn, camomile, fragrant vervain, fragrant aspergillus, hops, orange and poppies.

GROUP 4

ALLA QUERCIA MARINA COMPOSTA (with fucus)

“None of us enjoy having to run for miles with a heavy backpack, which can weigh the same as the extra pounds we carry about every day.”

Ingredients: Fucus, manna, alpine rhamnus, sage, china root, birch, liquorice, horsetail, fennel, peppermint, yarrow, red grapes, juniper berries, asparagus, sweet oranges and lemon.

GROUP 5

AL FINOCCHIO COMPOSTO (with fennel)

“A good digestive goes down well after a large meal or when you are suffering from indigestion.”

Ingredients: Fennel, peppermint, lime blossom, liquorice, sweet orange, elecampane, rosemary, lemon balm, hyssop, orange, hemp, centaury and lavender.

GROUP 6

ALL’EUCALIPTUS COMPOSTO (with eucalyptus)

“How frustrating having to sleep with someone who spends the night coughing.”

Ingredients: Eucalyptus, camomile, liquorice, fennel, peppermint, mallow, coltsfoot, pine, Iceland lichen, Aaron's rod, centaury, primrose, poppy and broom.

GRANULES FROM CAMALDOLI GROUP 1

ALLA GRAMIGNA COMPOSTA (with spear grass)

This is the granule version of herb tea group 1 above

“Nature has the answer to constipation: healthy eating, exercise and a good herbal tea.””

TISANA DI NOVACELLA

(herb tea from Novacella)

This tea comes loose or in tea bags.

Mint, lemon balm, camomile, pot marigold, mallow, cornflower and sage.

This is made following an age-old recipe from the pharmacy in Novacella Abbey comprising biologically pure herbs, which are grown at 1,300 metres above sea level on Rauter hill, Riol, in the county of Fortezza. This tea makes a relaxing drink when hot and is a refreshing thirst-quencher when drunk cold.

AROMATISED WINES FROM MONTEFANO MONASTERY

Wine has always been around and known for its medicinal uses. The Talmud describes wine as the most ancient medicine. The Sumeri had already created certain recipes based on herbs in the wine; a cuneiform table from the pharmacopoeia dated 2100 B.C., is cited as the most ancient reference on medicinal wines.

In Hammurabi's Code of Babylon (1728-1868 B.C.), the first laws against the improper use of wine were alongside the most ancient health laws. The medicine from Egypt contained a hundred recipes based on wine, some of which would definitely follow those of the Sumerian table.

The doctors from ancient Greece began their scientific studies on wine and its therapeutic value. Hypocrate broadened its homeric use of wine to treat wounds and for oral use, such as a hypnotic sedative, antipyretic, stimulator, useful for gastroenteric pathologies, and the cardio circulatory system. Even the Alessandria School of Medicine supported therapeutic uses of wine. Galeno, a Greek-Roman doctor, took the hypocratic indications and broadened them with the use of wine in war surgery.

The fifth book of Dioscoride contains the preparation of numerous medicinal wines and the illustrations of the Ayasofia Code 3703, which wonderfully describes the curative properties of wine. The wine cultivation began to decline with the Empire and was inherited by the Catholic Church, which with its monasteries was the only institution in a position to maintain the production of wine; the Church held a monopoly on the best vineyards for about 1,300 years.

The wine is a complex liquid substance and the parts, which are neither water nor alcohol, contribute to the pleasure of drinking the wine, sometimes contribute to unkind side effects. Apart from the alcohol, more than 300 organic compounds have been identified in the wine. A glass of wine contains about 100 calories converted not in depots of fat but metabolised into energy. The medicinal properties of wine are still widely studied. These studies add to the others to value the pharmacological quality of the wine and grapes. They were, on the other hand, broad studies on the effect of wine in brain illnesses, cardiovascular pathology, arterial hypertension, antithrombosis effect, longevity, etc. The Salernitana Medical School (1100-1300) defined wine in this manner: “The wine, if pure, offers several benefits: comforts the brain, gladdens the stomach, removes from the body harmful vapours, relaxes the belly, sharpens intelligence, nourishes the sight, lightens the hearing, strengthens the body and fortifies the limbs.” Today it affirms that all this is true because it is used thriftily and moderately.

Our AROMATISED WINES are obtained by the cold maceration of the Montefano wine with officinal plants, typical of our countryside; from the amalgamation between a genuine and generous wine and spontaneous plants, this drink is created to satisfy the palate and help the body. This does not refer to wines for meals, their uniqueness represented from the fact that they can be an excellent support. Their beneficial effects depend on the plants that are used; it is simply a spirited drink with an agreeable taste that has no pharmacological presumptions. It can result in benefits for the human organism and be an excellent adjuvant for those small physical troubles that occur in everyone's life.

- **VINO DI MENTA (mint wine)**
- **VINO DI NOCE (walnut wine)**
- **VINO DI ORTICA (nettle wine)**
- **VINO DI ROSMARINO (rosemary wine)**
- **VINO DI LAVANDA COMPOSTO (lavender compost wine)**
- **VINO DI MELISSA (Melissa wine)**
- **VINO DI CASSIA**

ACQUA DI MELISSA (Melissa's water)

This formula goes back to the 16th century; Carmelitani Scalzi of Venice had been the first to use it. It's an alcoholic drink that contains a certain variety of officinal plants and used for some time for its easing and relaxing benefits.

POLVERI DI SAN SILVESTRO (San Silvestro powder)

Created by officinal sun plants, which encourage the activity of a lazy intestine. This is an excellent product, due to its composition and ease of dosage.

POLVERI DEL MONTEFANO (Montefano powder)

Created from the berries of Hawthorn and from the Cinorroidi of the Canine Rose, these plants are rich in vitamins, especially vitamin C. Represents an excellent natural supplement.

TISANA DI S. SILVESTRO (S. Silvestro herbal tea)

The lavender, hyssop and rosemary, belong to the typical flora of Montefano where the Monastery is located. In the peace and solitude of the place, among the varied activities, the officinal plants are cultivated and grown. They come collected, cleaned and dried under the shade, in appropriate, well-aired environments. They are plants that have no added fertilizers, fungicide, or other toxic substances, and they are collected as nature intends them in an uncontaminated region (almost 1000 meters). From this, a digestive and energizing herbal tea is extracted.

TISANA DEI QUATTRO SEMI (Four seeded herbal tea)

Created from **carvi**, fennel, anise, and cumin seeds. They are carminative, refreshing, digestive, pleasing, and can be taken after meals or as a drink during the day.

COSMETIC PRODUCTS

Good cosmetic treatment is part of the way to preserving beauty or improving outward appearances. This kind of treatment must be personalised, the products used must be natural and as compatible as possible to each person's skin.

We have created a line of phytocosmetics and skin treatments based on both this concept and years of family tradition.

Officinal plants have always played an important role in nutrition, health and cosmetics. Despite the discovery of many synthetic products, plant extracts are still extremely valuable. That is why "Ai Monasteri" has directed its research to creating purely plant-based products. Over the years great pains have been taken to create a highly advanced extraction method, ensuring that the extracts obtained are complete and thereby guaranteeing that the products work well.

A plant contains water-soluble and liposoluble active principles, as well as essential oils. Our extraction technique ensures that we bring out integral extracts comprising all the characteristics of the plants themselves. We are therefore able to make genuinely active and functional cosmetics.

All the products are handcrafted in order to maintain the tradition of the age-old "Erboristeria Italiana" (Italian Herbalist's), which nowadays is not only the oldest but also the best around.

Our cosmetics are practical as they are never just moisturisers or nutrients (something excipients do). Their effectiveness comes from the careful blend of active principles and perfect balance of ingredients, ensuring that the wide range of interrelating natural elements carry out a perfect synergy.

The products from "Ai Monasteri" aim at providing a functional cosmetic with only natural eudermal and philodermal substances that can be used on any type of skin.

We aim to produce phytocosmetics that do not claim to have curative effects on the skin, though they do help enormously, but which respect the etymology of the Greek origins of this word, Futon (plant) and Kosmeticos (ornament).

Our products all adhere to European Laws on cosmetics and have also been approved by the F.D.A. (Food and Drug Administration, U.S.A.).

They do not contain any colorants and have not been tested on animals. The plants we extract from have been very carefully selected and analysed to ensure they contain no harmful substances (fertilisers, fungicides, and contaminating or radioactive pollutants).

Skin has a fundamental role in our lives. It is too often considered as just a covering, something that acts as a barrier between the outside world and our internal organs. Like all human organs, skin is influenced by our lifestyles. It grows, feeds, breathes, reproduces, works continuously, ages and even dies in a certain sense. The following products have been designed and created bearing this in mind.

PRODOTTI ANTI-ETA' (products to prevent ageing)

We were driven by the ever-increasing need for products to stem and limit the effects time has on skin, especially the face. This led us to identifying natural active principles capable of providing nutrition and returning elasticity to the skin. Our goal is to contrast the ageing process of the face and skin, which undergoes terrible stress from the constant movement of our face muscles and continuous exposure to our surrounding environment. This leads to wrinkles, which can belong to one of two general categories:

- character lines;
- age wrinkles.

Character lines can be lessened by regularly using suitable products, though never completely eliminated as they continuously reform influenced by a person's expressions.

Appropriate products can greatly benefit wrinkles if used regularly and in time.

❖ CREMA NATURAE

❖ FIALE NATURAE

❖ FLUIDO CONCENTRATO NATURAE

CREMA NATURAE

This cream, like the rest of the range, contains active principles: apichock (a copyright of ours, made from an interaction of bee products) to rejuvenate the skin, stimulate and encourage its normal biological activity under the surface and thereby ensure that the epithelial layer is constantly renewed. This means that your skin is never short of elements such as elastin, collagen, cheramides, etc. and remains turgid, elastic, silky and fresh looking. It is a light, delicate, moisturising and nutritious cream that can be used both during the day and at night.

APPLICATION: after deeply cleansing your face with cleansing milk and tonic, apply a thin layer of cream and massage delicately until it has been completely absorbed.

FIALE NATURAE

This is a concentration of active principles that work thoroughly and immediately on wrinkles. It relaxes your facial features, smoothing out laughter lines and the signs of age. In addition to giving the face a fresh, turgid look, its nutrients and moisturisers strengthen the skin's natural defences by enriching the layer of surface cells.

APPLICATION: this product can be used to replace your usual night cream, in which case apply to a carefully cleansed face. It can also be used to relax the skin by applying to a cleansed face under your usual make-up.

A fresh, luminous skin is almost always the result of a careful daily routine, even in very young women. Appropriate cosmetics and a healthy life-style will help keep your skin fresh looking for longer.

FLUIDO CONCENTRATO NATURAE (concentrated liquid - naturae)

This liquid travels through a special channel, the gommoresina of the myrrh, that allows for a regenerating activity besides the biological and functional one from its active principal.

APPLICATION: this product can be used to replace your usual night cream, which should be carefully applied to a cleansed face. It can substitute the homonymous vials or alternated with this one (which will achieve greater results).

SUGGESTED PROGRAMME

It is advisable to use all the products in the range in order to get visible, long-lasting results quickly.

The "Crema Naturae" should be applied in place of your usual day cream and the "Fiale Naturae" at night.

The above information shows that these products use their revolutionary active principles to become an excellent solution to the problem of wrinkles.

Anyone between the ages of 8 and 80 should use them. We must always remember that it is easier to prevent wrinkles than fight and get rid of them once we have actually got them.

ANTI-WRINKLE PRODUCTS

These creams are special because their main active principle is Royal Jelly.

Our skin starts to age the day we are born, due to a progressive change in the connecting tissue (which mainly comprises collagen). Collagen becomes increasingly less elastic and is therefore unable to withhold liquids. The cells' ability to regenerate decreases and the skin becomes increasingly dryer. It loses its vitality and protective barrier and becomes less resistant to outside factors. At the same time, not enough of the harmful substances created through cellular metabolism (e.g., free radicals) are expelled and gradually accumulate within the cells, causing them great damage. In order to stem this gradual process, we have to moisturise and nourish our skin more, thereby ensuring that the fine horny layer does not become any thinner and the hydrolipidic film remains unchanged.

Royal Jelly is particularly useful against wrinkles as it manages to nourish and moisturise the skin deeply. Some cosmetic experiments carried out by Mr. Desperrois were rather successful, especially on sunburnt, dry and wrinkled skin, where the general appearance greatly improved and the skin became silkier, brighter and fresher and wrinkles were prevented and lessened. Dr. Decourt, a famous French dermatologist, also noticed that skin became more elastic when applying Royal Jelly to the face and taking an edible form at the same time.

CREMA ALLA PAPPÀ REALE (royal jelly cream)

This cream is quickly absorbed, moisturising and nourishing the skin to leave it soft and velvety.

APPLICATION: this cream may be used both at night and through the day. Apply a thin layer after carefully cleansing your face.

FIALE COSMETICHE ALLA PAPPÀ REALE

(cosmetic vials with royal jelly)

Royal Jelly is a natural biological beauty product made by bees containing a harmonious balance of natural active principles. The cosmetic action of Royal Jelly is specifically biological, it can therefore not be expected to give the immediate results obtained by applying make-up. It must be applied regularly and methodically in order to give long-lasting and visible results. Our special oxy-honey form of Royal Jelly, which also comes directly from the beehive, helps it penetrate deeply and makes it more effective.

The skin must be thoroughly cleansed before applying this product.

ROYAL JELLY for cosmetic purposes is applied like any other facemask. Spread the contents of the vial uniformly on your face and neck.

It is particularly recommended for the eyelids and around the eyes.

ROYAL JELLY requires no massaging, as it is naturally hyperaemic.

Rinse with cold water around twenty minutes after application.

People suffering from acne or other skin problems should apply this product a few times a day, lightly pinching the more seriously affected areas.

ROYAL JELLY may also be used to firm the bust and has, at times, given miraculous results.

ROYAL JELLY nourishes, tones, firms and refreshes any skin type. Its action is not blocked by the initial epithelial layers of skin and can therefore penetrate deeply.

It smoothes and eliminates wrinkles, destroying dead or affected cells while its cholinergic action improves hyperaemia in the lower layer of the skin, activating the germinative area and helping reconstruction of the new cells.

APPLICATION: apply half a vial to a thoroughly cleansed face, delicately pinching the more seriously affected areas. These vials can be used as a facemask, applied 2 - 3 times a week (leaving for at least 30 minutes) or as a replacement for your usual night cream.

CREMA CONTORNO OCCHI (eye cream)

The area around the eyes has very few sebaceous glands and therefore receives little of the natural nourishment and protection normally produced by the sebum. The skin in this area is particularly thin and more subject to harm from outside elements and early wrinkles than other parts of the face. This is why we should be more careful with this area in order to ensure it stays moisturised, tonic and compact no matter how the years try to age it. This cream has been specifically created to minimise the problem of character lines and prevent early wrinkles around the eyes. Its delicate deep action helps relax the skin, nourishing and balancing the special nature of this tissue.

APPLICATION: spread a thin layer under the eyelids and around the eyes, preferably through the day.

SUGGESTED PROGRAMME

Use "crema alla Pappa Reale" in the morning instead of your usual day cream. Use the "vials cosmetiche alla Pappa Reale" at night instead of your usual night cream. Use the "crema contorno occhi" around your eyes to counteract character lines. Use our "latte e tonico alla Pappa Reale" (cleansing milk and tonic with Royal Jelly) to cleanse your face in the morning and at night.

PRODUCTS FOR PROBLEM SKIN

"Problem skin" means greasy skin and skin with open pores, blackheads or acne. Although greasy skin stays elastic longer, it is the skin type that creates most problems. However, when produced in the right quantities, skin's greasy substance is essential. It is therefore wrong to use excessively harsh substances as they weaken the sebum's natural protective, antioxidant and anti-wrinkle action. Greasy skin often leads to blackheads. The sebaceous glands' hyperactivity forces the skin to open its pores, thereby permitting the sebum and exogenous substances (dust, smog, etc.) to stagnate on the outer surface of the follicle. Melanin and dead cells then create small dark-coloured dots: "blackheads."

These blackheads cause an inflammation of the follicle that often leads to acne. In order to counteract these skin problems and their consequences, you need to use specific products that normalise the skin's biological balance rather than change it.

Greasy skin, acne and blackheads are the most frequent skin problems encountered, especially in young and anxious people. Our cosmetics backed up by appropriate medical treatment are an excellent solution to these. All the products in the range contain the same active principles used in different ways to ensure they work well and completely satisfy expectations.

CREMA PELLI IMPURE

(cream for problem skin)

This is a moisturising, refreshing and astringent cream, perfect for correcting the nuisances caused by problem skin.

APPLICATION: apply as a day cream after thoroughly cleansing the face.

FLUIDO PER PELLI IMPURE (liquid for impure skin)

It is represented from a liquid easily rubbed into the skin and completely absorbing. It replaces the night cream and is considered a valuable addition and synergy with the previous cream.

APPLICATION: apply as a night cream after thoroughly cleansing the face.

MOUSSE SAPONE PER PELLI IMPURE (foamy soap for impure skin)

Special soapy emulsion, especially suitable for impure skins with acne tendencies. It deep cleans to leave a sense of freshness and cleanliness; its use facilitates the effectiveness of the product line.

SUGGESTED PROGRAMME

The following programme will provide good results in a short period of time:

- "Crema pelli impure": apply in place of ordinary day cream, after thoroughly cleansing the face with cleansing lotion and tonic.
- "Olio per pelli impure": use in place of ordinary night cream, after thoroughly cleansing the face with cleansing lotion and tonic.
- "Vials alla Pappa Reale cosmetica", use every day if the problem is particularly bad, two or three times a week in less serious cases.

PRODUCTS FOR SKIN WITH BROKEN VEINS

Extremely sensitive skin is more subject to broken veins than any other skin. This usually begins with reddening of the nose and cheeks, caused by circulation in the face's capillaries slowing down. This reddening sometimes lasts longer and becomes more widespread, leading to teleangectasy, in other words dilation and/or breaking the more delicate cutaneous ducts, thereby causing broken veins. When treating this type of problem, any stress to the skin must be avoided (sun, wind, too much cold or too much heat, etc.); do not use aggressive cleansing lotions, tonics or facemasks. Use only light moisturisers. Use barrier creams to protect against ultra-violet rays. When applying cream, gently massage the skin with slow movements so as to relax the nerves and help the stagnant liquids to drain. Use nutritious, decongestant and vasoconstrictive facemasks. Broken veins can become a serious skin disease if not controlled carefully, so be sure to visit your doctor before it gets too late.

PRODUCTS FOR SENSITIVE SKIN

CREMA AL VISCHIO

(mistletoe cream)

This is a silky, delicate and refreshing cream that makes the skin light and translucent.

APPLICATION: use as a day cream after thoroughly cleansing your face.

OLIO AL VISCHIO

(mistletoe oil)

This is a soothing cream to counteract reddening and an excellent complement to the previous cream.

APPLICATION: use at night after thorough cleansing.

SUGGESTED PROGRAMME

Use this range of products in place of your normal ones, using the “crema al vischio” during the day and the oil at night. Make sure to thoroughly cleanse your face before applying.

FACE PRODUCTS

These face products are suitable for all skin types.

CREMA DA GIORNO

(day cream)

A nutritious and moisturising cream suitable for all skin types

APPLICATION: specifically for use during the day.

CREMA DA NOTTE

(night cream)

This is a nutritious dermal-epidermal cream made to soften and nourish the skin without stopping its natural transpiration.

APPLICATION: specifically for use at night.

LATTE DETERGENTE (cleansing milk)

This is a special product as it acts as both an excellent cleanser and light astringent.

APPLICATION: use it to cleanse your face or other parts of the body before applying any other cosmetics or to remove make-up.

TONICO VEGETALE (plant-based tonic)

This is completely alcohol-free and is used to rebalance the skin's natural properties.

APPLICATION: use after the cleansing milk as an astringent or to refresh your skin during the day.

ACQUA DI ROSE (rose water)

This is made from the distillation of Bulgarian rose petals and extract of bramble-rose buds. This technologically advanced blend ensures that this rose water is extremely fragrant, highly concentrated and exceedingly effective. This is not a simple rose water, but a valuable, high-quality cosmetic product. It is particularly suitable for delicate skin that is badly affected by alcohol-based lotions. It can be used to refresh the skin, as a replacement for tonic or any other way you wish. This water leaves your skin with an overall sense of freshness and a pleasant lingering fragrance.

OLIO CIGLIA (eyelash oil)

This oil nourishes the hair bulb and its active principles make eyelashes grow longer, thicker and stronger.

APPLICATION: apply in the same way as and instead of mascara both during the day and at night.

CREMA AL PROPOLI

(propolis cream)

A light and delicate cream, easy to apply and completely absorbable. It contains a large quantity of propolis extract, making it a very active cream.

GEL LEVIGANTE ALLA CRUSCA (smoothing bran gel)

Created from a natural gel enriched with bran flakes, its function is to deeply clean the skin, eliminating the outer keratinic layer and smoothing the skin to expose its natural glow.

APPLICATION: apply directly to the face, working in a thorough massage; rinse with excess water.

ANTI-CELLULITE PRODUCTS

Not everyone is born with a slim, harmonious body; it often takes a lot of hard work to achieve this. A healthy balanced diet, exercise and our products can help.

Slim people can suffer from cellulite and overweight people do not necessarily have cellulite but localised adiposity.

Unlike cellulite, adiposity is an increase in the volume and number of fatty cells, though these remain unchanged.

This is considered a vascular-based affliction and is scientifically known as DERMO-IPODERMO-PANNICULOPATIA-EDEMATO-FIBRO-SCLEROTICA.

It affects many different parts of the body, especially the lower limbs and pelvis area.

It begins with modestly bad lymphatic and venal circulation, becoming increasingly intense, and goes on to affect the cutaneous and sub-cutaneous tissues leading to their degeneration.

When venal and lymphatic circulation slows down, toxins stagnate (waste substances) and these infiltrate sub-cutaneous intersections, leading to inflammation.

The adipose cells then swell again, the elastic fibres break, collagen fibres degenerate and venal and arterial capillaries, suffering, change. This then leads to bad blood circulation.

The cellular tissue under the mucous becomes thicker and harder, thereby leading to small tumefactions, which grow to such an extent that they deform the part of the body on which, they have formed.

The essential connective substance, comprising mucopolysaccharides, proteins, amino acids, glucides, ions and water, undergoes a strange chemical reaction and this essential substance becomes more viscous and torpid, causing notable water retention.

The tissue is unable to eliminate all the stagnant waste substances and, due to the fats present and slower blood circulation, creates spongy tissue, nodules and sclerotic adhesions.

When this degeneration continues, all the absorbed formations are destroyed and the skin in the affected area relaxes, consisting of only fibrous sclerotic scar tissue, which also involves the nerve fibres and leads to localised pain.

This cellulite process is slow and gradual and the above advanced state can be avoided with suitable treatment and care.

Cellulite can be placed into various categories following an assessment of its outward appearance, how it feels to the touch and taking into account the symptoms.

There are three different forms:

SOFT – made up of sclerotic nodules in a relaxed tissue.

HARD – made up of hardened nodules; the skin typically has an orange-peel appearance.

EDEMATOUS – characterised by an infiltration of serous, toxic substances that make the tissue appear swollen and spongy.

CREMA ANTICELLULITE

(anti-cellulite cream)

This is a highly absorbable creamy emulsion full of plant-based active principles that works deeply to eliminate cellulite.

APPLICATION: it should be used after a hot bath in order to ensure it penetrates deeply.

OLIO ANTICELLULITE

(anti-cellulite oil)

This is made up of special oils that ensure that the active principles penetrate deeply and thereby work hard to eliminate the cellulite. It leaves no oily traces or unpleasant smells and is absorbed extremely quickly.

APPLICATION: apply to the affected area and massage delicately.

FIALE ANTICELLULITE

(anti-cellulite vials)

These vials contain a concentration of plant-based active principles for a strong-impact to improve the effects of the other products in this range. It is a silky liquid, pleasant to the touch, and does not leave any oily traces. It leaves your skin feeling soft and compact and helps eliminate the orange-peel effect of cellulite on your skin.

APPLICATION: apply to the affected areas with a delicate massage.

BAGNOSCHIUMA ANTICELLULITE (anti-cellulite bath foam)

A soft and light bath foam that cleanses your skin deeply without damaging natural protective elements contained in the cutaneous mantle. It is an excellent complement to the other products in the range: "crema anti-cellulite" and "olio anti-cellulite."

APPLICATION: Pour a small amount on to a damp sponge, natural sea sponge where possible, and massage your whole body, especially the affected parts, vigorously. Rinse well.

SUGGESTED PROGRAMME

In order to gain visible results quickly, use all four products from this range together.

Use the "Crema Anticellulite" every morning and the "Olio Anticellulite" every evening, or vice-versa. Use the vials 2 or 3 times a week while it would be a good idea to replace your normal soap and bath or shower foams with the "Bagnoschiuma Anticellulite."

A balanced diet and light exercise (jogging, cycling, swimming, etc.) carried out together with this treatment would ensure better, longer-lasting results.

PRODUCTS TO TONE UP THE BODY AND CHEST

The loss of muscle tone and elasticity is not always due to age or a lack of exercise, but to the fact that we do not look after our bodies enough.

The bust in particular runs a risk no matter what size it is: "drooping." Treatment, diet and exercise are needed to ensure this does not happen, just like any other part of the body. However, there is one important difference: the bust is much more delicate. This is, in fact, the part of the body which most suffers from drastic or sudden weight loss. That is why stretch marks often appear and the bust loses its tone, leading to inevitable drooping. The bust is a changeable part of the body even without weight loss. A pregnancy is a hard trial for a bust, forcing it to undergo total changes that can in no way go unnoticed.

Adolescence and the inherent changes this implies is also a critical time. All these "variables" make it necessary to intervene quickly and decisively. Prevention is an excellent antidote to all the threats a bust has to face in its lifetime.

It is therefore important to take regular care of this delicate part of the body from a very young age. It needs to be prepared to face the different situations it will encounter in the best possible way, thereby ensuring it ages as late on in life as possible.

The predominating active principle in these products is fenugreek. In order for you to understand just how these products work, here is an extract from a study carried out on fenugreek.

TRIGONELLA FOENUM GRAECUM L.

A FAMOUS COSMETIC FROM

AN ANCIENT CIVILISATION

The oldest formula for an Egyptian cosmetic, called "HEMAYT", is described in the last Scroll written by Doctor Edwin Smith, currently deposited in Brooklyn Museum. This formula has the heading: "THE TRANSFORMATION OF AN OLD MAN INTO A TWENTY YEAR-OLD."

Hemayt is both the name of the cosmetic and the plant, which provides the fruit to make it. This occurs through a long laborious extraction process.

The papyrus ends: "Rubbed onto the head, it cures scalp infections. Applied to the skin, it leaves a perfect complexion. Baldness, red blotches, unpleasant liver spots and any other skin afflictions are cured in the same way. This remedy has been used successfully countless times."

The Smith Scroll dates back to 3,000 years BC and is the most important archaeological find made with regards to Egyptian medicine and the first important document written in hieratic hieroglyphics to be found.

Hemayt most probably derives from the word "Methi", a botanical name in Sanskrit that the ancient Indians used to describe original Indian forage fenugreek: *Trigonella foenum graecum L.*

These plant-based deductions are confirmed by the uses for fenugreek indicated by Pliny, Dioscoride, Galeno, Mattioli, Arabs and Greeks up to phytotherapist H. Leclerc. All these writers stated that women seeking a florid appearance and perfect complexion used fenugreek since time immemorial in the East.

The experiments Leclerc carried out on the scalps of animals correspond to what the Egyptian doctors described as the effects of fenugreek and, at the same time, explain why Hemayt was mentioned in such an important Scroll.

Fenugreek is described solely as a skin cosmetic in the Smith Scroll. The Ebers Scroll, written a thousand years later (2000 BC) also mentions fenugreek seeds as an antidote to burns.

It is therefore obvious that doctors around at the time of the Pharaohs knew perfectly well how beneficial these seeds were and understood how they worked particularly well on the skin. The fact that the recipe for a beauty treatment was included in the Medical Scroll that was considered the most important medical document available, proves that preserving a healthy-looking skin was considered as clinical treatment even in the era of the Pharaohs.

Recent analyses have discovered the chemical components of fenugreek seeds, identifying the active principles that are probably the reason for this herb's toning and firming qualities.

In order to highlight and prove the truth in the previous affirmations, we carried out tests on the skin of 40 women between the ages of 35 and 45. These ladies were divided into 4 different groups (A, B, C, D), each containing ladies with similar characteristics and as alike as possible to each other.

Each group was given the emulsion to apply to the neck and bust for thirty days (twice a day), as follows:

First, thoroughly cleansing the skin (bust and neck), then applying a thin layer of cream with light circular movements until it was completely absorbed.

These ladies were observed and assessed following a visual and a physical touch examination. The following indications for each lady was recorded:

- how turgid the breast was
- how moisturised the skin on the neck was
- if there were any wrinkles
- how elastic the skin was.

Two things were demonstrated by a comparison of the results: first, the extract of fenugreek seeds had a positive effect on almost all these ladies and at every level of concentration; secondly, the emulsion containing 8% extract was the most active.

The product had a toning, firming and nutritious effect on most of the test participants. Their breasts were firmer and their skin more compact and elastic. Wrinkles on their necks did not actually disappear, however they were less evident. Their skin was smoother, softer and more elastic.

To sum up, this research showed, and confirmed, that which the Egyptians believed 4,000 years ago.

CREMA ALLA fenugreek

(fenugreek cream)

This cream has a strong firming and toning action on the body.

APPLICATION: apply by gently massaging upwards, always in the same direction. This cream may be applied more than once a day. Use together with "Olio alla Trigonella" and "Fiale alla Trigonella" to make its effects 100% certain.

OLIO ALLA TRIGONELLA

(fenugreek oil)

This is made up of special oils, which ensure that the active principles contained therein penetrate deeply and work hard to firm the body. It leaves no oily traces or unpleasant smells and is absorbed extremely quickly.

APPLICATION: apply massaging delicately.

FIALE ALLA TRIGONELLA

(trigonella phial)

Concentration of active plant principals, it represents an aggressive action to improve the effectiveness of the other products in the line. It is pleasant to apply, non-greasy, and leaves the skin soft and solid.

APPLICATION: apply massaging delicately.

SUGGESTED PROGRAMME

For the breast, these products should be applied using light circular strokes, either with the hand or a small special brush with very soft bristles. They help stimulate local circulation and, used regularly, help keep the skin tonic and elastic. There is another, very simple thing you can do every morning in the shower that helps keep the breast firm: spray a light and delicate jet of water over the whole chest area. Hydromassage is also a great help to circulation and keeping the body firm. Cream is also vitally important and should be applied with a delicate massage from the breast up towards the neck.

After cooling the chest with a cold, wet sponge, apply the cream and oil alternately once a day (one day the cream, one day the oil). Regular use of both these products will give surprising results.

PRODUCTS FOR THE BODY

OLIO CORPO SPORTIVI (body oil for athletes)

This is extremely effective for warming muscles before any type of exercise. Applying it after exercise will leave you feeling refreshed and tone up your body.

APPLICATION: massage all over the body, paying particular attention to the parts that work the most (muscle areas under particular pressure), before exercising or after a shower.

LOZIONE DOPOBAGNO

PELLE SECCA

(after-bath lotion for dry skin)

When you take a bath or shower, it is really nice to feel something soft, on your skin, nourishing and moisturising it throughout the day. This cosmetic product leaves your body a pleasant sensation of softness, elasticity and freshness.

APPLICATION: massage the lotion over your entire body after a bath or on any part of the body you feel needs it through the day.

FLUIDO IDRATANTE ALLA ROSA DOPOBAGNO (after-bath rose hydrating liquid)

Studied product to slow down the growth of superfluous hairs. All depilation methods are traumatic and damage the skin. This is due to the alteration of the biological balance of the dermis and subcutaneous. To avoid this, the cosmetic industry has always tested alternate solutions that were less traumatic; to such end, an intermediate solution has been found, not depilate, but to delay the possibility of hair growth.

For this reason, we have created this product. The parameters taken into consideration were essentially two: to use plant active principals, and create a product that does not cause trauma.

The active principal to be used was identified through an Ethnobotanic search and based on experiences handed down by word of mouth. The origin of such search is very distant; it speaks of Roman soldiers that used Oat to slow down the reproductive cycle of the hair bulb. They obviously did not know why, and we may never be able to explain it, however, the effects did take place, as told by Plineo in the "Historia Naturalis." The philologists teach that its root «av» (*from the word avena in latin*), which are placed in front of certain words of Indo-European origin, renders to all these words the meaning of «prendere per conservare, per tenere sempre con se» (*take to cherish, to always have with you*). That is what the oat does with all of the substances and the elements that are part of the ground on which it grows; enriched by an enormous quantity of active principals. It is likely that such definition has made one think that what occurs on the ground could also occur on the skin.

APPLICATION: use it everyday in place of an after-bath cream, its nutritious and re-mineralising activities will slow down the growth of the hairs, but in return will provide smooth and soft skin to the entire body and not just the legs.

GEL LEVIGANTE ALL'EQUISETO (Equiseto smoothing gel)

Created from a natural gel enriched of Equiseto leaves, its function is to deeply clean the skin, eliminating the outer keratinic layer and smoothing the skin to expose its natural glow.

APPLICATION: apply on damp skin, before the bath, working in a thorough circular massage; rinse with excess water and use your favourite shower gel.

CREMA MIRACOLOSA (miraculous cream)

A true miracle, it is a must for all households. Decongestant and dehydrator, helps to resolve a lot of aesthetic skin problems. Try it... you won't be disappointed.

APPLICATION: massage a small part of the cream wherever is need, until completely absorbed; it is non-greasy and emits a neutral odour.

CREMA REUMATIS (rheumatic cream)

When a door creaks, it needs a good drop of oil, just like a person when his/her limbs do not work like they used to.

The active principles and their concentration in this cream make it extremely effective. However, it is made even more special by the pleasant feeling it leaves your skin when used. It is not an ointment, but a beauty cream. It leaves no oily traces and it can be applied as many times as you like through the day without causing irritation.

APPLICATION: this cream is easy to spread and absorbs quickly, therefore massage a small amount onto the skin a few times a day.

OLIO UNGHIE (oil for nails)

This oil naturally penetrates deeply and, when massaged correctly, enters the root and bed of the nail, permeating the skin around the nail. Its main job is to stimulate this area. It slowly dampens the soft keratin thereby ensuring that the horny layer is constantly renewed. After just a few days of applying this oil, the natural renewal of keratin is re-established, the lamina becomes more resistant and flexible and the nail returns to its natural rosy colour. This oil also stops cuticles forming around the nail.

Research on tropical gum resin plants for the cosmetic field has demonstrated that liquefying myrrh in a suitable excipient makes a particularly efficient treatment for nails.

Integral nail cosmetics are in fact based on a new technique involving a gum resin mixture prepared specifically for this purpose.

This mixture works on the entire nail structure of both hands and feet: the skin, roots, lamina and epidermis, while normalising the formation of keratin in the root and lamina.

Nail deterioration usually occurs at the margin of the nail, moving on to the root and, finally, the surrounding skin. The substances contained in nail polishes and the effects of chemical products such as detergents are almost always to blame for nails becoming a whitish colour, losing their smoothness and shininess, the lamina becoming thin and fragile and the skin under nails being painful, except, of course, when there are other internal causes.

APPLICATION: After removing cuticles, rub onto the nail and surrounding skin and the areas where the nail touches the skin (at both the top and bottom). Allow a drop to fall onto the nail and rub from the centre to the outside until it is completely absorbed. Repeat two or more times a week. This can be done on both clean and varnished nails. If the nail is clean, it will have a shiny, dry appearance and be covered with a protective film that disappears after washing. Washing will not stop the oil's effectiveness underneath the skin, on the root and lamina. If you apply nail polish on top of the thin film left by the oil, washing will affect neither the polish nor the protective film, both of which will remain attached to the nail. As the thin film is located between the surface of the lamina and the layer of nail polish, it will protect the nail and derma layer from any possible interference from the polish. Nail polish applied on top of this thin layer left by the oil can be removed using a nail buffer or other mechanical means or using nail polish remover for quick results.

If plant-based oil is applied on top of nail polish, it still penetrates through the edges of the nail and uncovered parts of the lamina. In this case, nail polish can only be removed with a specific nail polish remover. In synthesis: this product is easy-to-apply at any time and works just as well on clean or painted nails.

CREMA MANI (hand cream)

Our hands often get wet and are exposed to outdoor pollutants, the sun and air and continuously in contact with chemical, physical and biological substances, which alter the surface layer of skin. It is therefore obvious all these irritants dry, flake and redden this skin. Our cream contains only natural active principles to keep hands soft without leaving them greasy and preventing unpleasant reddening and flakiness.

DEODORANTS

This line of cosmetic products was created to leave your body feeling fresh, and is particularly useful for excessive sweating and protection from body odour.

It comprises a range of completely natural deodorants to help improve interpersonal relationships by protecting you from excessive perspiration. They do not interfere with the skin's natural biological processes, they just regulate these in a purely natural way, providing excellent results. All our products are totally alcohol-free and hypoallergenic.

Each individual deodorant is the result of scrupulous scientific research and careful observation of people and their needs.

These products were created to be not only functional, but also harmless. That is why only natural ingredients, or ingredients of natural origin, completely harmless to human beings have been used.

The plants used are grown in biologically controlled areas and the extracts, obtained using scientifically proved methods, are thoroughly tested to ensure they contain a high number of natural active principles and no foreign substances (pesticides, fertilisers, etc.) whatsoever. The tests carried out on these cosmetic products have proved that they are 100% hypoallergenic and excellent deodorants.

CREMA ALLA SALVIA

(sage cream)

Our feet also need daily treatment. They are closed up in shoes nearly all day long, not getting the chance to "breathe", sweating and, more often than not, swelling.

A short footbath in warm salted water, followed by a nice massage with an appropriate cream, is the best possible way to end your day and help relax your feet.

We have taken advantage of sage's natural properties (deodorant, antiperspirant, etc.) to come up with this cream for tired and swollen feet and those that sweat excessively.

APPLICATION: apply by rubbing lightly after a relaxing footbath. This cream leaves no oily traces and leaves your skin with a fresh and fragrant feeling.

POLVERE ASPERSORIA PER PIEDI (aspersorium powder for the feet)

Aspersorium powder is an absorbent and deodorant; gainfully used on feet, in socks and shoes. It refreshes, absorbs, and soothes. This product is also useful to improve your walk.

APPLICATION: put a small quantity of the powder in the sock and/or shoes. It is also recommended to sprinkle on the feet after a footbath.

❖ **DEODORANTE ALLA SALVIA (sage deodorant)**

❖ **DEODORANTE**

ALLA LAVANDA

(lavender deodorant)

❖ **DEODORANTE ALLA MENTA (mint deodorant)**

These deodorants have been made using purely natural ingredients and are completely alcohol-free, making them hypoallergenic and harmless. They leave you feeling pleasantly fresh and clean.

SUN PRODUCTS

Doctors, dermatologists and researchers all agree on one thing: a natural suntan is the best way to protect our skin from the sun's harmful rays. It manages to absorb most of the radiation that passes through the horny layer of the skin due to the increased number of dead surface cells and the production of melanin, the pigment which gives skin its brown colour. This pigment repels certain rays and absorbs others, thereby almost neutralising the action of free radicals. The only person who can get a suntan without any problems is a mermaid.

The rest of us all need some level of protection. The human organism protects itself by producing melanin stimulated by the sun's rays (more precisely, ultraviolet rays). However, during this complex process, it needs sunscreens, moisturisers, nutrients and emollients to filter the more harmful rays and help creation of the melanin that lead to a good, even tan.

Our products promise: "No sunburns, great suntans."

CREMA ABBRONZANTE A BASSA PROTEZIONE (suntan lotion with low protection)

For whoever has dark skin and is not hypersensitive.

CREMA ABBRONZANTE A MEDIA PROTEZIONE (suntan lotion with medium protection)

For those exposed to the sun for the first time in a while.

CREMA ABBRONZANTE AD ALTA PROTEZIONE (suntan lotion with high protection)

For children and those with light skin, especially those with sensitive skin.

(suntan cream)

The formula of this cream dates back to the beginning of the 20th century and has since remained unchanged. It contains only natural products, cocoa butter, walnut extract, sunflowers, hops, heather and myrrh, to help protect and moisturise your skin as you achieve a nice suntan.

APPLICATION: apply a number of times before exposing yourself to the sun. It does not leave your skin feeling greasy and is easy to apply.

OLIO ABBRONZANTE

(suntan oil)

This is perfect for those who already have quite a good tan or less delicate skin. It is made the same way as the cream and a perfect follow-up.

It does not leave your skin feeling greasy, is easy to apply and accelerates the tanning process without altering the biological time required to achieve a tan.

APPLICATION: apply a few times before exposing yourself to the sun. You do not need to reapply this oil once you come out of the water.

LOZIONE CREMOSA DOPOSOLE (creamy after-sun lotion)

The first few times after sunbathing, especially when we have been over-zealous, we need a refreshing, moisturising and nutrient emollient to relieve the irritation caused by the sun and keep our skin soft, nourished and elastic and, above all, ensure we do not peel.

APPLICATION: after your bath or shower, spread a small amount of lotion delicately over the entire body, especially the more reddened parts.

BAGNOSCHIUMA SCURENTE (bath foam to protect your tan)

In order to ensure your hard-earned tan lasts longer, you should use mild soaps as others can dry up the skin, which has already undergone a lot of stress from the sun, and make tans fade. Our bath foam has been designed to leave your skin soft and shiny.

APPLICATION: use just like an ordinary bath foam, though it will provide better results when applied directly to the skin and rinsed thoroughly.

HAIR PRODUCTS

People have searched for ways and means of saving and thickening hair since time immemorial, however this has always been a losing battle because of the uncountable factors that occur to change hair, at times irreversibly (total or partial baldness, grey hair, excessive seborrhea, etc.). Egyptian medical scrolls provided extensive advice on scalp infections (Ebers Scroll 1540-1293 BC). The prescriptions given in these medical documents prove that these problems were considered, then as now, worthy of medical attention and not just vanity-based futility.

Physical appearances became less important than philosophy and culture in ancient Greece. It was only in sporting circles and high society that they were still considered significant.

The Romans only considered the practical and essential important, therefore hair became so unimportant at every social level that they even went to great lengths to eliminate it. It was only in the Lower Empire that men began sporting beards.

However, during the Renaissance the problem of hair became exasperatingly important. It was in fact during this historical period that people began wearing various types of wig. Paradoxically, they paid little attention to personal cleanliness and far too much to their hair.

People nowadays are much more rational and careful about the practical problems in life, however they are also observers and admirers of physical appearance and pay a large amount of attention to hair, leading to the fact that a large share of scientific research is dedicated to just this.

One of the most frequently used cosmetic products for hair is shampoo. Therefore, a few points on this should be cleared.

Although shampoo is a cosmetic product, it is basically a detergent: it removes sebum, dirt and lacquer residues from the hair and scalp.

Shampoos can be divided into various categories depending on the type of hair they are used for, for example:

- shampoo for greasy hair
- shampoo for hair with dandruff
- shampoo for delicate hair

- colouring shampoo
- Any type of shampoo must fulfil a number of purposes in order to be acceptable:
- it must aim to clean in a specific manner without totally eliminating the sebum;
- it must create a foam that lasts on greasy hair and when using fresh or hard water;
- it must be easy to distribute over the entire head and easily rinsed off, as it can only achieve good results if it eliminates all surface-active residues. If shampoo is not too viscous, it is easier to distribute and subsequently rinse thoroughly;
- it must be over 90% bio-degradable;
- it must have a physiological pH depending on the type of hair and the active principles contained in the product. A slightly acid pH leaves hair soft, shiny, elastic and voluminous;
- it must condition and protect hair, leaving it shiny and easy to comb;
- it must be easily tolerated by the skin and mucous.
- Shampoo should not be used more than once every 5 days and should be applied twice and rinsed thoroughly.

All our shampoos have the above characteristics.

SHAMPOO VEGETALE

(plant-based shampoo)

This can be used on all types of hair, especially delicate, damaged or thinning hair.

SHAMPOO ALLA SOIA

(soya shampoo)

This shampoo is best for greasy hair, helping to normalise sebum production.

SHAMPOO AL CRESCIONE (cress shampoo)

This shampoo is for hair with dandruff.

SHAMPOO SCHIARENTE (shampoo to lighten hair)

This is not a colouring shampoo, people with naturally light-coloured hair should use it to make their hair shinier.

SHAMPOO SCURENTE

(shampoo to darken hair)

This shampoo is not a colouring shampoo either, however it can be used to make your natural colour more intense.

LOZIONE AL CRESCIONE

(cress lotion)

This anti-dandruff lotion used together with the cress shampoo can help eliminate the annoying problem of excessive dandruff sebum production.

APPLICATION: the shampoo should be used every 5-7 days while the lotion should be applied to the scalp and hair every day for at least 60 days.

THINNING HAIR

A problem very close to the hearts of most people is that of fragile, thinning hair. This type of hair does not have the same consistency as normal hair, it is thinner and easily tends to fall. The roots of this problem are usually in a person's genetics, however it may also depend on other endogenous and exogenous factors.

The most important endogenous factors are the following:

- the way the organism (e.g. the intestines) absorbs biologically essential substances eaten on a normal diet;
 - an incorrect and unbalanced diet determining a lack of proteins, thereby changing their amount and how they are divided;
 - a pathology occurring which may determine the loss of some metabolites, enzymes, etc. or cause such drastic organic changes that the organism is deprived of mineral salts, trace elements, etc.;
 - physical and/or mental stress due to excessive physical activity, insomnia and, in men, excessive sexual activity;
 - a changed synthesis of hard keratin often determined by a lack of amino acids such as cystine, methionine or others or a metabolic change in the organs creating this synthesis.
- The main exogenous factors are as follows:
- high temperatures (prolonged exposure to the sun, drying hair with excessive heat sources, etc.) can damage hair and consequently make it more fragile;
 - hair colouring can weaken the hair's protective cuticle and stress the root;
 - hair treatment (perms, blow-drying, pulling) can cause fragility, dryness and often split ends;
 - aggressive shampoos that eliminate the natural protective hydrolipidic film as well as dirt (dust, sebum, etc.) weaken the hair, making it fragile and dry; this may also occur through too-frequent washing;
 - pollutants such as lead, carbon dioxide, exhaust fumes, etc., are easily captured by the hair and can often cause chemical reactions, thereby conditioning both its appearance and well-being.

Our laboratories have come up with three specific products to counter these problems:

SHAMPOO VEGETALE

(plant-based shampoo)

LOZIONE CADUTA CAPELLI

(lotion for thinning hair)

These have been created to stimulate peripheral circulation and thereby improve the blood flow in the hair bulb papilla. It works as a tonic for the hair and scalp and helps counteract thinning hair. It contains substances that improve the development of keratin and reduces over-excessive secretion from the sebum.

It is made from the alcohol extracts of drug plants and utilises the natural solvent, purifying and stimulating effects of this alcohol together with the active principles it contains to the full.

OLIO RINFORZANTE NUTRIENTE (nutritious strengthening oil)

This is made from extremely solvent natural oils similar to sebum and contains plant-based active principles that nourish and strengthen hair. It is used as a compress or massage for the scalp. It should be left on the hair for at least two hours and be followed by an appropriate shampoo. It nourishes, rebalances, rebuilds and protects the hair.

APPLICATION: the shampoo should be used once every 5-7 days, the lotion applied to the scalp every day for at least two months and the oil applied two hours before washing the hair and once every 1 or 2 washes (every 7-14 days). The oil should be applied with a fine-tooth comb to ensure it is distributed evenly over all the hair, combing until it has been

completely absorbed. People with short hair should apply one tablespoon, increasing this amount according to the length and thickness of hair.

We suggest you also drink a vial of our "Pappa Reale in ossimele" (oxy-honey Royal Jelly) every day.

ACETO AMMORBIDENTE

(softening vinegar)

Pure wine vinegar used to extract plant-based active principles and which has two main functions: to re-acidify the scalp and strengthen hair.

Its extremely acid pH works against limestone (it eliminates the salts in water) and disentangles hair. It should be applied after shampooing your hair and it is up to you whether to rinse it or not.

RIFLESSANTI PER CAPELLI

(highlights for hair)

These products are made of very fine powders. Use them to highlight the natural colour of your hair and leave it wonderfully shiny. They are made solely from pulverised and micronized plants and are therefore harmless and antiallergenic.

Hair colorants were first used over 3,000 years ago.

The intensity of plant-based hair dyes depends on what plants are used to produce them: they can either enhance the natural colour of hair by interacting with the colour itself or can give the hair particular highlights. The ingredients in plant-based dyes (henna, walnut, madder, camomile rhubarb, etc.) usually also help protect, strengthen and revitalise hair.

Although dyes and colorants sometimes cause irritation or allergic reactions, all skin types easily tolerate plant-based colorants.

However, there are a few points worth remembering before using plant-based hair colorants: they cannot be used on previously treated hair (artificially dyed, bleached, permed or straightened hair, etc.). They cannot be expected to actually change the natural colour of hair either. The results of these colorants on previously treated hair are totally unpredictable though natural hair should see quite positive results. Grey hair does not react to these colorants as expected, it will only be given slight highlights (a good example of this is with henna, which gives grey hair bright hints of red and blonde).

However, these apparent disadvantages are counteracted by considerable advantages such as: healthy, shiny hair with a natural colour; stronger, more resistant hair; no split ends; fragile, damaged hair is greatly improved; last but not least, a totally harmless product that is easy to apply.

We carefully select each plant before it is used, making sure that its organoleptic properties remain unchanged, we then micronize the powder to make it easier to apply.

The following colours are available:

-RIFLESSANTE ROSSO (red)

-RIFLESSANTE ROSSO FORTE (deep red)

-RIFLESSANTE ROSSO TIZIANO (titian red)

-RIFLESSANTE BIONDO (blonde)

-RIFLESSANTE CASTANO (chestnut)

-RIFLESSANTE NERO (black)

APPLICATION: add 3 or 4 tablespoons of powder to hot water, depending on the length of hair, and stir until it becomes soft and creamy. Apply to wet hair (after washing) like any ordinary hair dye, leave on, rinse thoroughly and dry as normal. Add a small amount of wine vinegar and yoghurt to help the colorant act quicker and last longer.

These colorants should be left on your hair for 30 to 60 minutes, depending on how thick it is and how intense a colour you wish. The blonde colorant should only be left for 20 to 30 minutes and is not suitable for bleached hair.

Please remember to carry out a strand test on previously treated, chemically coloured or particularly damaged hair as the results from plant-based colorants are unpredictable.

BATH PRODUCTS

Water is the source of everything that makes our bodies more beautiful and healthy, whether we use it in a bathtub or under the shower. Cleaning the body leads to more intense epidermis regeneration. Old and hardened cells are washed away and replaced by younger cells. Or at least this happens if a bath or shower is carried out properly and takes 2 essential factors into consideration: the temperature of the water and the soap used. It must also take into consideration the fact that certain substances in hot water penetrate the skin and carry out a specific function.

Our bath foams act very delicately on the skin and are so soft and silky that you do not need to use an after-bath body lotion. They have a physiological pH like all our other cosmetics, do not contain colorants and the soap basis is purely natural. Their fragrance comes from natural essential oils, ensuring that they are completely antiallergenic.

We are well aware of how important a good non-aggressive soap is for the skin and have therefore created these bath foams, which cleanse thoroughly without damaging the skin mantle, its natural keratin and sebum protection and leave your skin soft and pliable. Your skin will feel soft, smooth and moisturised after a bath, and you will not need to use any after-bath skin lotions.

APPLICATION: these products may be used in the bathtub or shower. Although the foam baths are highly concentrated, they are very fluid, therefore take care not to pour too much into your bath, as it only takes a small amount to thoroughly clean your entire body.

BAGNODOCCIA AL GELSOMINO (jasmine bath and shower foam)

The freshness emanating from your bathroom and enveloping your entire body is nothing compared to the silky feel of this product, which will leave your skin a pleasant soft feeling of cleanliness.

BAGNODOCCIA AL MUSCHIO (musk bath and shower foam)

This bath and shower foam has a wonderful herb fragrance, rich and long-lasting.

BAGNODOCCIA AL POLLINE

(pollen bath and shower foam)

This is a soft, delicate and moisturising bath and shower foam with the subtle fragrance of acacia honey.

BAGNODOCCIA AL TABACCO

(tobacco bath and shower foam)

This sweet and delightful bath and shower foam is a tonic for mind and body.

BAGNODOCCIA AL VETIVER (vetiver bath and shower foam)

Vetiver is an excellent skin tonic and a wonderful stimulant to the smell nerves, enhancing this bath and shower foam with its delicate and penetrating fragrance.

BAGNODOCCIA AL VISCHIO

(mistletoe bath and shower foam)

The Celts used mistletoe to prepare magic potions and cosmetics as it tones the body and gives it energy.

BAGNODOCCIA ALL'ARANCIO (orange bath and shower foam)

This product's light and delicate foam tones and refreshes the body, leaving it feeling wonderfully fresh.

BAGNODOCCIA ALL'IPERICO (Aaron's beard bath and shower foam)

This bath and shower foam eliminates red patches, soothes and delicately energises the skin

BAGNODOCCIA ALLA

FELCE FEMMINA

(lady fern bath and shower foam)

This is a delicate, moisturising and pleasantly relaxing bath and shower foam.

BAGNODOCCIA ALLA LAVANDA (lavender bath and shower foam)

This delicate bath and shower foam with a strong fragrance of lavenders from the "Alta Valle Roja" deeply cleanses your skin, leaving it smooth and silky.

BAGNODOCCIA ALLA ROSA

(rose bath and shower foam)

Highly fragrant Bulgarian Rose is the essence of this bath and shower foam, enriching it with its moisturising, emollient and refreshing properties.

BAGNODOCCIA ALLA VANIGLIA (vanilla bath and shower foam)

A sweet and intense balsamic fragrance and a bath and shower foam suitable for all types of skin.

BAGNODOCCIA ALLA VIOLA

(violet bath and shower foam)

Your bathroom will be filled with the fragrance of age-old Parma Violets that once made your grandparents dream and now can do the same for you. After a bath or shower with this foam, your skin will feel silky and pleasantly refreshed.

BAGNOSCHIUMA RILASSANTE (relaxing bath foam)

A delicate bath foam that relaxes your surface muscles. A sheer pleasure after a hard day.

BAGNOSCHIUMA TONIFICANTE (toning bath foam)

This tonic and energising bath foam is a perfect way to wake up in the morning or recover lost energy at any time through the day.

SAPONE DI MARSIGLIA IN FIOCCHI (Marseilles soap in flakes)

The Marseilles soap is obtained from the production of vegetable oils. Such production first began in the Benedictine monastery of Provence. Since then, the monastic tradition has continued their ancient practice and operates utilizing the same technologies, as well as the same disciplines and quality control. They substitute the soap for the face and for the body, which represents an excellent alternative to the Shower Gel with the only difference being that it is not astringent, and therefore leaves the skin supple.

It is also a fantastic substitute for Shampoo, leaving the hair shiny, full-bodied, soft and perfumed.

Light and delicate, soft and perfumed, these flakes come enriched with natural essences that give them a special fragrance; it never neglects to exercise its principal activities on the skin and hair.

FIOCCHI DI SAPONE DI MARSIGLIA ALLA LAVANDA (lavender Marsiglia soap flakes)

Delicate and persistent; slightly revitalizing.

FIOCCHI DI SAPONE DI MARSIGLIA ALLA ROSA (lavender Marsiglia soap flakes)

Delicate and persistent, it relaxes and renders a pleasant fresh feeling.

FIOCCHI DI SAPONE DI MARSIGLIA ALLA VIOLA (violets Marsiglia soap flakes)

From The Violets of Parma, this soft and rounded perfume emits an ancient and delicate scent.

FIOCCHI DI SAPONE DI MARSIGLIA AL CEDRO (lavender Marsiglia soap flakes)

Suitable for a man or a woman, this fragrance contains strong features that are dry, sweet, aromatic and fragrant.

BATH OILS

Our essential bath oils are the result of painstaking research and extensive experience of their chemical and physical properties and their possible solubility in water.

Each fragrance comes from only the purest essential oils. These oils are also excellent for hydromassage.

Hydromassage is extremely beneficial to the human organism. To begin with, it is relaxing: it causes the muscles to relax and the surface blood vessels to dilate, improving the blood flow and, consequently, circulation (improved oxygenation helps cell replacement), ensuring that tiredness, irritation and anxiety, in other words stress, quickly disappear. A hydromassage bath should last at least fifteen minutes, though it may be shared out between two separate baths a day. The massaging action of water tones, firms and keeps the skin elastic, thereby making it softer.

What is more, the hot "bubbles" can help small breasts grow a few centimetres and repeated cold water massages can help firm up breasts that are beginning to show signs of drooping. As for men, low sexual performance will improve after a few cold water massages concentrating on the spine, the lumbosacral area in particular, reactivating blood circulation and therefore benefiting the genitals.

A few drops of active substances such as suitably chosen essential oils, can make a hydromassage bath even more effective. These oils are volatile substances (they evaporate on contact with air and reach the olfactory cells via air) extracted from certain particularly fragrant plants: the smell-associated electrochemical messages sent to the brain (by the olfactory lobe) cause the emission of neurochemical substances which can have various effects. The heat of the water accentuates evaporation of the essential oils, so that the whole surrounding area is filled with their intense perfume, purifying the air and our organism.

OLIO DA BAGNO AL BERGAMOTTO (bergamot bath oil)

Bergamot has a persistent and fresh smell that pleasantly helps rebalance excessive emotional reactions, calming and relaxing the person while acting as an invigorating tonic at the same time.

OLIO DA BAGNO AL CEDRO

(cedar bath oil)

The fragrance of this essential oil helps calm tension, steadying the energy forces that threaten to unbalance us. Its fragrance manages to tame aggression, fear and anger. This essence has the smell of dignity and strength, heart and a pinch of sensuality.

OLIO BA BAGNO AL GELSOMINO (jasmine bath oil)

Jasmine is able to change a person's mood like nothing else can, actually making this person euphoric, helping him/her recover trust in him/herself and overcome pessimism. In India it is called the "queen of the night", as it arouses sensuality in both men and women in a deep and mysterious way.

OLIO DA BAGNO AL NARCISO (narcissus bath oil)

The narcissus has a delicate and persistent, sweet and intense perfume that has a gentle and light effect on all psychological and muscular tension. It also leaves your skin smooth and soft.

OLIO DA BAGNO AL ROSMARINO (rosemary bath oil)

The wonderful fragrance of rosemary helps transform emotional upset into lucidity and interior strength, stimulate mental clarity and understanding and improve concentration. It also invigorates and stimulates the skin, as well as purifying it thoroughly.

OLIO DA BAGNO ALL'EUCALYPTUS (eucalyptus bath oil)

This essence cools both mind and body. It is also extremely beneficial and stimulating for the throat, lungs (its balsamic properties are well known) and skin. It keeps insects away and fills the house with a wonderful balsamic fragrance.

OLIO DA BAGNO ALLA LAVANDA (lavender bath oil)

This essence helps us forget our everyday problems so that we can finally relax. It also induces sleep and contributes towards eliminating stress, tiredness and depression. Rubbed onto the skin, it also helps relax muscles and surface tension, refreshing and regenerating the skin.

OLIO DA BAGNO ALLA MENTA (mint bath oil)

This essence encourages reason and intellectual thought and is refreshing and tonic. It helps brighten tired and problem skin.

OLIO DA BAGNO ALLA ROSA

(rose bath oil)

The scent of rose is purity itself, however it is also an aphrodisiac arousing sensuality, picking-you-up in times of pain and suffering, comforting you when you are down and opening your heart to love, friendship and solidarity. This essence also helps alleviate the depression typically suffered after an illness. It tones, purifies and brightens the skin, soothing and eliminating any redness.

OLIO DA BAGNO ALLA VERBENA (vervain bath oil)

Vervain essence has the same effect as a fresh energy-filled spring morning. It helps us when we are feeling tired, listless, lethargic and uninterested. It is perfect for scorching hot summer or long grey winter days. It stimulates and tones the skin and refreshes and strengthens the muscles.

PERSONAL HYGIENE PRODUCTS

These products have been specifically created for both men's and women's intimate body parts. They maintain rather than alter the physiological pH balance, leaving a light fragrance and pleasant feeling of cleanliness and freshness.

DETERGENTE INTIMO ALLA LAVANDA (lavender soap)

DETERGENTE INTIMO ALLA ROSA (rose soap)

APPLICATION: dilute one tablespoon of soap in 3 litres of water, wash repeatedly and rinse thoroughly. Otherwise apply a small amount directly onto the skin, making sure you rinse thoroughly.

TOILET SOAPS

Toilet soaps must be pretty to look at, have a pleasant fragrance and, above all, not contain excessive alkalines that can irritate the skin. In order to fulfil these requirements, great care must be taken during workmanship and in selecting first-class primary materials. That is our principle, using the following primary materials: plant-based essential oils for their fragrance as well as coconut, palm, olive, peanut and castor oils, etc. for the fat content and medicinal plant extracts to make our toilet soaps effective. The main reason our soaps are so special is that their delicate perfume does not affect the hydrolipidic balance of the skin. Their delicate foam cleanses thoroughly, leaving the skin soft and fresh.

SAPONETTA AL FUCUS

(fucus toilet soap)

This emollient soap is suitable for all types of skin, especially those with cellulite.

SAPONETTA AL LATTE

(milk toilet soap)

This emollient soap is suitable for all skin types, especially sensitive and dry skin.

SAPONETTA AL MIELE

(honey toilet soap)

This delicate and soothing soap is suitable for all skin types.

SAPONETTA AL PROPOLI

(propolis toilet soap)

This astringent and balsamic soap is especially suited to greasy and problem skin.

ALL'OLIO DI PALMA E DI OLIVA (palm and olive oil toilet soap)

This moisturising and nourishing soap is perfect for dry and delicate skin.

SAPONETTA ALLA CAMOMILLA (camomile toilet soap)

This soothing soap helps reduce redness and is perfect for delicate skin.

SAPONETTA ALLA CAROTA

(carrot toilet soap)

This gentle and delicate soap is suitable for problem skin.

SAPONETTA ALLA CERA D'API (beeswax toilet soap)

This soap moisturises and covers transparent skin.

SAPONETTA ALLA CRUSCA

(bran toilet soap)

This soap contains flakes of bran, making it slightly abrasive though still delicate and emollient.

SAPONETTA ALLA LAVANDA

(lavender toilet soap)

A delicate and soothing soap with a strong, persistent fragrance.

SAPONETTA ALLA PAPPAREALE (Royal Jelly toilet soap)

This soap makes soft and nutritious foam suitable for all skin types, especially very dry skin.

SAPONETTA ALLO JOJOBA

(jojoba toilet soap)

This soap is particularly nutritious and delicate for all skin types.

SAPONETTA AL GELSOMINO

(jasmine toilet soap)

A delicate, fragrant soap.

SAPONETTA AL MUSCHIO

(musk toilet soap)

This soap has a strong, extremely tenacious fragrance of herbs.

SAPONETTA AL VETIVER

(vetiver toilet soap)

This is an excellent skin tonic.

SAPONETTA ALL'ARANCIO

(orange toilet soap)

This soap tones and refreshes the skin.

SAPONETTA ALLA ROSA

(rose toilet soap)

An emollient, moisturising and refreshing soap.

SAPONETTA ALLA VANIGLIA

(vanilla soap)

This has a strong, sweet balsamic fragrance and is suitable for all skin types.

SAPONETTA ALLA VIOLA

(violet toilet soap)

Your bathroom will be filled with the fragrance of age-old Parma Violets.

SAPONETTA ALL'ORCHIDEA

(orchid toilet soap)

Slightly delicate, highly emollient and perfumed.

SAPONETTA ALLA MENTA

(mint toilet soap)

Refreshing, slightly astringent This lotion soothes the traumatic effects of shaving and leaves the skin fresh and pliable, re-integrating its physiological status. It is a creamy, alcohol-free lotion that leaves a pleasant fragrance on the skin.

, fresh and strong fragrance.

SAPONETTA ALLA MANDORLA

(almond toilet soap)

Delicate and gentle from the light almond taste, especially effective for sensitive skin.

SAPONETTA DI PURO MARSIGLIA

(pure Marsiglia toilet soap)

This is the true and pure Marsiglia soap, delicate and incredibly cleansing.

MOUTH HYGIENE

PRODUCTS

“When Jack London stayed in a small Korean village to report on the war between Russia and Japan, the Mayor visited him in his hotel room to tell him that the whole village had gathered in the village square and wished to see him. Mr. London was obviously rather flattered, thinking that his reputation as a good writer had preceded him. However, when he climbed onto the special platform that had been erected there, the Mayor simply asked him to take out his false teeth. They kept him there for a full half hour, taking out and putting in these false teeth repeatedly to the enthusiastic applause of all the people gathered there.”

You do not necessarily have to take out your false teeth to please a crowd, however you do have to take good care of them and keep them healthy. We have created two types of product that can help resolve many dental hygiene problems when used regularly together: Toothgels and gum-washes.

Every day, stomatologists encounter teeth not only badly damaged by decay, but also by Tartar and dental plaque. This can be found on apparently clean teeth and is the main cause of tooth decay and inflammatory periodontitis, in other words inflammation of the tissue overlapping the teeth. Plaque is excellent pabulum for the microbes that decompose food deposits, forming acids that attack tooth enamel.

The best and most effective protection against plaque forming is regular and proper oral hygiene, using a toothbrush and suitable toothpaste.

TOOTHGELS

Our toothgels get their name from the fact that they are a “gel” and not a traditional paste. They do not scratch tooth enamel and, above all, they do not irritate the gums. They are all handmade using only natural primary materials and guaranteed to be effective.

They contain a perfect blend of solely natural ingredients and come in the form of a gel.

This ensures that these toothgels are totally non-aggressive on both tooth enamel and gums, while guaranteeing a perfectly clean mouth, a brilliant smile and correct mucous atrophy. They whiten your teeth, freshen your breath and prevent plaque and decay.

APPLICATION: apply a small amount of toothgel to your toothbrush, brush repeatedly and rinse thoroughly to ensure a clean, fresh mouth and effective plaque removal.

GELDENTIFRICO AL BALSAMO (balsam toothgel)

This gel has an aromatic and resinous flavour, is astringent and easy-to-use, leaving you particularly bright teeth and fresh-smelling breath.

GELDENTIFRICO ALLA MENTA (mint toothgel)

This gel freshens your breath, reduces reddening and refreshes the mouth.

GELDENTIFRICO ALLA MIRRA (myrrh toothgel)

Epithalamic, unblocking, and gum trophic.

GELDENTIFRICO ALLA SALVIA (sage toothgel)

This gel whitens teeth, making them brighter, and is both trophic and deodorising.

GUM-WASHES

These are completely innovative as both products and in their effectiveness. They come in a gummy liquid and should be applied with a cotton bud or fingers, massaged completely into the gums then rinsed thoroughly.

They can also be used as a mouthwash, in which case 30-50 drops should be added to half a glass of water. They are made using the same active principles as our toothgels and are an excellent complement to these.

-GENGIVARIO AL BALSAMO (balsam gum-wash)

-GENGIVARIO ALLA MIRRA (myrrh gum-wash)

-GENGIVARIO ALLA SALVIA (sage gum-wash)

PRODUCTS FOR MEN

Men's skin is much thicker and less moisturised than women's and requires carefully studied products in order to leave skin healthy, pliable and fresh.

SAPONE DA BARBA ALLA MENTA (mint beard soap)

Shaving foam in a tube, delicate, astringent and lubricating results in a comfortable and smooth shave, every shave.

APPLICATION: apply a small quantity on the brush, which should be massaged repeatedly on all the areas to be shaved; keep in mind that the more that is massaged in, the better the results.

LOZIONE CREMOSA DOPOBARBA (creamy aftershave lotion)

This lotion soothes the traumatic effects of shaving and leaves the skin fresh and pliable, re-integrating its physiological status. It is a creamy, alcohol-free lotion that leaves a pleasant fragrance on the skin.

APPLICATION: apply a thin layer of lotion after shaving and massage until it is completely absorbed.

PERFUMES

We all love Perfumes, they touch our hearts! Generations of researchers have tried to discover the secret of smell and, over the last few years, some scientists have managed to clear up this mysterious process thanks to modern-day technology. At the top of the nasal cavity, more or less where our eyes are, there are two nasal mucous membranes, one on the left and one on the right. Each of these contains 10 million nerve cells, covered by a thin mucous layer. A tuft of six to eight vibrating hairs with a series of receptors on their surface covers each of these. These receptors are chemically prepared in order to ensure that all the different smell molecules enter them like pieces of an infinite puzzle.

The nasal mucous membrane is the only part of our body where the central nervous system is in direct contact with the outside world.

Perfumed molecules cause chemical reactions in the mucous membrane's hairs and these create electric stimuli in the nerve cells. The fine nerve cell attachments communicate with both the nose and inside the skull (through a thin hole called the "ethmoid"). These smell stimuli then reach the olfactory bulbs, which then distribute them throughout the brain (strong, bitter smells such as ammonia, acetic acid or carbon dioxide are distributed further by other nerve terminals which react to the irritation caused by contact with these molecules).

The olfactory stimuli directly reach the limbic system, without first passing through the cerebral cortex as occurs with the other sensorial stimuli. They then reach the deepest part of our command centre, where perfumes directly reach our hearts. Perfumes have already had an effect on our subconscious before we actually become aware of them.

Smell stimuli cause the production of neurochemical substances, such as enkephalin, serotonin, adrenaline and endorphin, in our limbic system and all with different results. Enkephalins can dull pain and can create a feeling of happiness up to actual euphoria, as well as a sense of well-being. Endorphins soothe pain and can also sexually arouse us. Serotonin calms and relaxes us, while adrenaline stimulates and wakes us.

The limbic system contains our control centre, which in its turn commands sexuality, friendliness, innate tendencies, memories, mood, creativity and regulates our neurovegetative system.

Perfumes arouse our sexuality, in the most meaningful sense of the word. Pheromones, are perfumed substances that have a similar effect to hormones and influence both humans' and animals' choice of partner.

Perfumes can also invoke good or bad moods. The subconscious is contained within the limbic system and can therefore be altered or accentuated by particular perfumes.

The limbic system stores perfumes and memories. We come into contact with smells from the day we are born and connect these to specific sensations. That is how we all establish our own personal relationship with smells (some are considered pleasant for a whole population, while neighbouring populations think the opposite).

The most talked about and unknown effect of essential oils is how they affect smell. There is no doubt that aromatic oils have been used for their capacity to affect emotions and moods for centuries, which is also why incense has always been used for religious and ritualistic purposes.

BENEFICIAL WATERS

Enchanting perfumes to spray over your entire body, lighten your mood, give you energy and make your skin toned and beautiful.

These delicate but persistent perfumes are especially ideal in spring and summer as they do not irritate overheated and sticky skin like other perfumes. However, they are also perfect all year round for athletes where a blend of sweat and strong perfume would normally be decidedly unpleasant.

They contain natural substances to guarantee their dermal properties, helping to tone, moisturise and soothe skin. Both men and women can use them.

SIX GOOD REASONS TO USE

OUR BENEFICIAL WATERS:

- 1) They provide an immediate sense of freshness;
- 2) They can be sprayed over the entire body, literally covering it with a lightly perfumed cloud;
- 3) They have a delicate, though lasting, perfume;
- 4) They blend perfectly with the body's natural odour, without being altered by personal secretions;
- 5) They are ideal for the gym and when practising sports;
- 6) They have a positive influence on our mood, lowering tension levels and providing a sprint of energy.

ACQUA DELLA REGINA D'UNGHERIA (the water of the Queen of Hungary)

The Queen of Hungary created this formula in the 17th century to keep her skin young-looking, clear and perfumed.

It is made from Citrus, Rosemary and Lavender essential oils, making us feel fresh and vigorous when we are tired and calm and relaxed when we are tense.

Both men and women can use it at any time of the day.

ELIXIR AROMATICO (aromatic elixir)

This perfume is made from Irish Musk, Calabrian Jasmine, Roman Camomile and Sicilian Orange. It has a positive effect on both mind and body, toning, relaxing and stimulating our senses.

It is a delicate perfume that can be used both in the morning and evening.

BALSAMO RINFRESCANTE

(refreshing balsam)

This balsam comprises essential oils from Vanilla, Vetiver, Orange blossom and Rose.

A famous alchemist called Giuseppe Balsamo, Count of Cagliostro, who used it to make himself feel vigorous and refreshed, created it.

Both men and women can use this perfume.

ACQUA FORTE (strong water)

This perfume is made from Peppermint, Sicilian Citrus Fruits and Calabrian Jasmine and makes you feel refreshed, toned and energetic.

It has a delicate, moisturising effect on the skin.

A delicate, though decisive perfume that can be used over the entire body by both men and women.

ACQUA DELLA NOTTE (night water)

This perfume made from pale Gardenia, fragrant Narcissus and white Jasmine wafted out from the Sultan's Harems into the sweet, hot Arabian nights.

It is a relaxing and emollient perfume that induces sleep and relaxes the mind.

Its delicate fragrance makes it perfect for both men and women.

ACQUA DEL CONTE IGOR

(Count Igor's water)

This is a delicate and penetrating, steppe and tundra perfume. It was ordered by Count Igor Kamaroski in the 15th century to refresh his skin and inebriate the women he seduced.

It has a decisive, though persuasive and enticing fragrance.

ACQUA AI FIORI DI LAVANDA (lavender flower water)

This perfume is refreshing, regenerating, invigorating and is suitable for all.

The flowers used to extract the essence for this perfume belong to the "Alta Valle Roja" and "Lavandino di Gras" families, ensuring a delicate though persistent fragrance that helps you be at peace with yourself, life and the world in general.

ACQUA DELLA TENEREZZA

(the water of affection)

This light and delicate perfume has been created to give children the affection all children deserve.

Unsuitable and harsh perfumes must not be applied to a silky skin. This type of skin needs.....Affection.

ANTICA ACQUA DI COLONIA (ancient water of colony)

The colony perfume is delicate and fruity, but persisting and suitable for all men, women and children. This is our pride and joy since it was created for the world exhibition of 1900 and was then dedicated to King Umberto of Savoy, from Italy.

PROFUMO ALLA ROSA (rose perfume)

Rose gallica

Intensive sweet smell, pinkish, floral and persisting.

PROFUMO AL GELSOMINO (jasmine perfume)

Jasminum officinale

Rich perfume, warm and floral, with an undertone of tea.

PROFUMO ALL'ARANCIO (orange perfume)

Citrus aurantium

Sweet and fruity fragrance; fresh, invigorating, and refreshing.

PROFUMO AL VETIVER (vetiver perfume)

Vetiveria zizanoides

Intense fragrance, smoky, woody, earthy, with sweet and persistent undertones. Excellent tonic for the skin.

PROFUMO AL MUSCHIO (musk perfume)

Evernia prunastri

Robust, musky, and earthy fragrance with a leather undertone; herbal, rich, and extremely strong.

PROFUMO ALLA VIOLA (violet perfume)

Viola tricolor

Delicate, sweet and persisting; leaves a feeling of lightness.

PROFUMO ALLA VANIGLIA (vanilla perfume)

Vanilla planifolia

Balsamic fragrance, rich and sweet.

PROFUMO AL SANDALO (sandalwood perfume)

Oleum santali

Herbal fragrance, sweet and rich earthy aroma.

PROFUMO AL BERGAMOTTO (Bergamotto perfume)

Citrus bergamia

Coarse and delicate, slightly balsamic.

PROFUMO AL LIMONE (lemon perfume)

Citrus limoneum

Light, typically fruity.

PROFUMO AL CEDRO (cedar perfume)

Citrus medica

A top-note perfume that's warm with a hint of camphoral. It has a sweet undertone that is tough with a balsamic wood aroma.

ESSENTIAL PERFUME OILS

These are made through distillation, effleurage or pressing depending on the type of plant involved and type of essence required. These natural processes originate fragrant and persistent essences, befitting to only the highest quality perfumes.

ACACIA

An intimate, flowery, spicy perfume with rich balsamic undertones.

Goes well with: Bergamot, Incense and Violet.

ARANCIO (orange)

A sweet, fruity and fresh perfume.

Goes well with: Lavender, Sage, Myrrh and Carnation.

AZALEA

A delicate, penetrating, slightly spicy, sweet perfume.

Goes well with: Benjamin, Myrrh, Lavender and Jasmine.

BERGAMOTTO (bergamot)

Fresh, sweetly fruity undertones with a vaguely spicy and balsamic fragrance.

Goes well with: Lavender, Jasmine and Violet.

CAPRIFOGLIO (honeysuckle)

A sweet, flowery fragrance similar to jasmine and lemon.

Goes well with: Orange, Bergamot and Cedar.

CEDRO

High tones of camphor, sweet, tenacious, balsamic and woody undertones.

Goes well with: Rose, Bergamot, Acacia, Jasmine, Sage, Vetiver and Rosemary.

CICLAMINO (cyclamen)

A delicate, slightly amber-scented fragrance with aromatic undertones.

Goes well with: Lavender, Jasmine, Rose, Narcissus.

CITRONELLA (lemongrass)

A pungent and intense fragrance.

Goes well with: Vervain, Lemon and Orange.

COCCO (coconut)

A sweet and delicate fragrance.

Goes well with: fruity essences.

ERICA (heather)

An aromatic, slightly spicy fragrance.

Goes well with: Narcissus, Cyclamen and Jasmine.

EUCALIPTUS (eucalyptus)

A camphorous, slightly acrid fragrance with sweet, woody undertones.

Goes well with: Thyme, Rosemary, Lavender, Pine and Cedar.

GARDENIA

A rich, sweet, flowery perfume similar to jasmine.

Goes well with: Jasmine, Tuberose and Rose.

GAROFANO (carnation)

A strong, characteristic and persistent fragrance that will remind you of carnation buds.

GELSOMINO (jasmine)

A rich, ardent and flowery perfume with undertones of tea.

Goes well with: Rose, Sage and Citrus Fruits.

GERANIO (geranium)

A sweet, minty, rosy perfume.

Goes well with: Lavender, Patchouli, Carnation, Bergamot and Citrus Fruits.

GIACINTO (hyacinth)

A flowery, sweet and delicate perfume.

Goes well with: Narcissus, Violet and Jasmine.

GIGLIO (lily)

A delicate, slightly spicy perfume.

Goes well with: Violet and Jasmine.

LAVANDA (lavender)

An herb scented, flowery perfume with balsamic and woody undertones.

Goes well with: Citrus Fruits, Cedar, Carnation, Sage, Pine, Geranium, Vetiver and Patchouli.

LILLA' (lilac)

A delicate, sweet and persistent perfume with a full-bodied fragrance

Goes well with: Jasmine, Cyclamen and Heather.

MALVA (mallow)

A soft perfume with herb undertones.

Goes well with: Lavender, Bergamot and Cedar.

MENTA (mint)

A penetrating mint perfume, with a herbal, camphorous fragrance

Goes well with: Benjamin, Rosemary, Lavender, Marjoram, Lemon and Eucalyptus.

MUGHETTO (lily of the valley)

A full-bodied, harmonising and delicate perfume.

Goes well with: Jasmine, Lavender and Narcissus.

MUSCHIO (musk)

A tenacious, earthy-musk perfume with leathery undertones.

Goes well with: Honeysuckle, Heather, Jasmine and Vanilla.

NARCISO (narcissus)

A green herbal fragrance with strong flowery undertones.

Goes well with: Carnation, Jasmine, Rose and Mimosa.

NIAULY

A sweet, fresh camphorous fragrance.

Goes well with: Rose, Jasmine, Violet and Gardenia.

PATCHOULI

An earthy-herbal, sweet, rich fragrance.

Goes well with: Vetiver, Cedar, Bergamot and Myrrh.

PINO (pine)

A dry, balsamic fragrance.

Goes well with: Cedar, Rosemary, Sage, Lavender and Eucalyptus.

ROSA (rose)

A sweet, intense, flowery rose fragrance.

Goes well with: Jasmine, Orange, Geranium and Bergamot.

ROSMARINO (rosemary)

A strong, fresh herbal, mint perfume with woody and balsamic undertones.

Goes well with: Lavender, Citronella, Origan, Thyme, Pine and Basil.

SALVIA (sage)

A fresh and spicy, ardently herbal, lightly camphorous fragrance.

Goes well with: Lavender, Rosemary, Rose and Citrus Fruits.

TABACCO (tobacco)

A sweet, spicy, pleasant fragrance.

Goes well with: Lavender, Narcissus, Musk and Vanilla.

TIGLIO (lime blossom)

A sweet, green herbal fragrance.

Goes well with: Bergamot, Cedar and Lilac.

TIMO (thyme)

A strong and ardent, spicy, herbal, fragrance.

Goes well with: Bergamot, Rosemary, Lemon-balm and Lavender.

TRIFOGLIO (clover)

A herbal, aromatic fragrance.

Goes well with: Rosemary, Lavender and Mint.

TUBEROSA (tuberose)

An intense and tenacious flowery, vaguely spicy fragrance. Goes well with: Gardenia, Violet, Rose and Jasmine.

VANIGLIA (vanilla)

A rich and sweet balsamic fragrance.

Goes well with: Vetiver, Benjamin and spicy Oils.

VERBENA (vervain)

A fresh, fruity lemon fragrance.

Goes well with: Rose, Orange and Jasmine.

VETIVER

A strong, smoky, woody, earthy fragrance with sweet, persistent undertones

Goes well with: Rose, Violet, Jasmine, Musk and Lavender.

TINTURE ALCOLICHE E FISSATIVE (fixative tinctures)

These are substances that ensure longer lasting perfume fragrance. Only a few drops are used depending on the concentration of the essence or perfume, what type of essence is used and how much one wishes to change the perfume's bouquet.

TINTURA DI BENZOINO

(Benjamin tincture)

A sweet, rich and intense balsamic fragrance.

TINTURA DI MIRRA (myrrh tincture)

An ardent spicy and balsamic fragrance.

TINTURA DI INCENSO

(incense tincture)

A fresh terpine fragrance with ardent and rich sweet balsamic undertones.

PREPARAZIONE F PER PROFUMI

(F preparation for perfumes)

This is a substance specifically created to ensure perfume lingers on the skin, fading gradually. Add 5% of this preparation to the perfume, it will not alter the perfume's fragrance at all as it is both colourless and odourless.

HOW PERFUMES ARE PREPARED

Preparing a perfume is like painting a picture – you have to be extremely careful to make the right blend of colours. One brushstroke too many can totally change the final result. For this reason, it is important to introduce a wide range of ingredients to any perfume, ensuring that they go well together and balance the compound, therefore making a delicate but persistent fragrance.

Our essences can be used to make single perfumes, using just one essence, alcohol and fixative, or personalised perfumes, blending more than one perfume and alcohol.

For the first type of perfume, one small bottle of essence is enough for between 100 and 200 millilitres of alcohol (95 proof), depending on how intense you want the perfume to be. If you wish the fragrance to last longer, add 5% of our "Preparazione F per Profumi."

For the second type of perfume, you can have great fun choosing different blends of essence, though remember that you will need to add a few drops of the appropriate tincture to stabilise the fragrance and 5% of our "Preparazione F per Profumi" to make the perfume stronger and longer lasting.

This is how perfumes should be made:

- 18% ESSENCE (single or mixed)
- 2% TINCTURE, if applicable (one or more)
- 5% "PREPARAZIONE F"
- 80% 95 PROOF ALCOHOL

We suggest you use 95 proof alcohol (the one used to make liqueurs) and, once you have made your mixture, leave it in the freezer for at least 10 days when it will be ready for use. Have fun!!

CAMALDOLI MONASTERY

CHAP-STICKS

These are made of purely natural ingredients to soften mucous membranes, especially the lips. Their active principle comes from beehives, thereby ensuring they are effective.

-STICK-BURRO CACAO PAPPÀ REALE (Royal Jelly and cocoa butter chap-stick)

-STICK-BURRO CACAO MIELE (honey and cocoa butter chap-stick)

-STICK-BURRO CACAO PROPOLI (propolis and cocoa butter chap-stick)

PERFUMES

Our perfumes are made from the purest essential oils, treated to ensure they keep a fresh, delicate and lasting bouquet.

They are completely natural products comprising a perfect blend of essence, resins and alcohol, perfumes worthy of comparison with any of the more famous on sale in ordinary shops.

-COLONIA PER BAMBINI

(children's cologne)

-COLONIA DI CAMALDOLI (Camaldolite cologne)

-LAVANDA DI CAMALDOLI (Camaldolite Lavender)

ABETOL

A few drops of this essential balsamic oil in oil burners or radiator humidifiers will fill the whole room with a balsamic fragrance and a few drops on a handkerchief or pillow will help you breathe more easily.

NEVE DI CAMALDOLI (Camaldolite snow)

A protective cream for all skin types.

BATH SALTS

These natural sea salts undergo a special process to make them as eudermal as possible, then enriched with essential oils and made completely soluble. They are perfect for the bath, leaving the skin soft and conditioned, silky and smooth. A pleasure for all skin types and people of all ages.

Application: add one or two handfuls to running water, leave them to dissolve and jump in.

SALI DA BAGNO ANTICELLULITE (anti-cellulite bath salts)

These salts aid, intensify and complete anti-cellulite treatments, an excellent assistant for all anti-cellulite products.

SALI DA BAGNO RILASSANTI (relaxing bath salts)

Ideal for a relaxing bath, these salts facilitate and induce sleep, making you feel less aggressive.

SALI DA BAGNO TONIFICANTI (conditioning bath salts)

Ideal for people who are tired, practise sport or who need to tone up their skin.

SALI DA BAGNO DEPURATIVI (purifying bath salts)

Ideal for purifying the skin, especially problem or greasy skin.

S. SILVESTRO ABATE MONASTERY

SHAMPOO ALLA LAVANDA (lavender shampoo)

This is a soft and delicate shampoo made with purely natural ingredients. It is perfect for any hair type, especially fragile, damaged and thinning hair. It produces a light, delicate foam that leaves hair soft, shiny and silky. Its ingredients and active principles ensure it is also suitable for people with greasy hair or who suffer dandruff.

FOOT POWDER

An absorbent and deodorising sprinkling powder that can be applied directly onto your feet or in socks and shoes. Its ingredients also help improve your gait.

BAGNODOCCIA ALLA LAVANDA (lavender bath and shower foam)

A delicate bath and shower foam with the intense fragrance of "Alta Valle Roja" lavender essence, which cleans your skin thoroughly, leaving it smooth and silky.

APPLICATION: it can be used in both the bath and shower. Although this product is very concentrated, it is also particularly fluid, therefore take care not to pour too much into your bath, as it only takes a small amount to thoroughly clean your entire body.

VALLOMBROSA

MONASTERY

SOLUZIONE ODOROSA

PER BIANCHERIA

(fragrant mixture for underwear and linen)

Our homes and wardrobes often need purifying and deodorising. This product is made from purely natural essential oils and does both, without leaving any oily or other traces. Spray as often as you like after carefully shaking the can.

It comprises only natural essences and deodorises wardrobes and cupboards, leaving linen and underwear pleasantly fragrant and protected from moths. It comes in an easy-to-use spray can.

DEPURATIVO VEGETALE

PER AMBIENTI (plant-based purifier for the home)

This spray is excellent for counteracting bad smells, smoke, etc. around the home. It is made from natural essences that are extremely effective against insects such as mosquitoes, ants and, more importantly, mites. It is also very useful against parasites that attack pets (cats and dogs), without leaving any oily or other traces. Spray as often as you like after carefully shaking the can.

COSMETIC

PRODUCTS

FOR CATS AND DOGS

Like ourselves, our household pets need to be clean and well looked after. They need to live in a comfortable, fragrant environment free from unwelcome intrusions. Our products are completely natural and have been made to ensure their best possible well-being. Your pets can lick our shampoos, lotions and deodorants without any fear of harm and the biological balance of their skin and fur will be well protected.

SHAMPOO ALL'ISSOPO

(hyssop shampoo for dogs)

This lotion is completely non-aggressive. It cleans your dog's fur perfectly, eliminating any unwanted guests and leaving it soft and fragrant.

LOZIONE ALL'ISSOPO

(hyssop lotion for dogs)

This should be used together with the shampoo to provide better cleanliness and condition.

DEODORANTE ALLA VERBENA (vervain deodorant for dogs)

This is ideal for the place your dog lives, however it can also be sprayed onto his/her coat without fear of it altering his/her natural odour or biological balance.

DEODORANTE ALLA PARIETARIA (pellitory deodorant for cats)

THIS CATALOGUE IS ONLY MEANT AS AN INDICATION. OUR PRODUCTS MAY NOT ALWAYS BE AVAILABLE AS THEY ARE ALL PRODUCED IN A LIMITED NUMBER. PLEASE FORGIVE US IF WE CANNOT ALWAYS SATISFY YOUR REQUESTS. WE SHALL DO OUR BEST TO ENSURE THE PRODUCTS WE OFFER ARE COMPLETELY GENUINE, AND WILL ONLY OFFER PRODUCTS MADE WITH MATERIALS THAT ARE UP-TO-STANDARD AND AVAILABLE.

I PRODOTTI DEL GIUBILEO 2000 (the products of the 2000 Jubilee)

For the 2000 Jubilee, through searches in the archives of The Monasteries, we decided to actualise an idea that was never realized, an idea that was created more than 100 years ago (Jubilee 1900) from the ancestors of the family. We wanted to pay tribute to them, the city of Rome that has always accommodated us, and to the loyal mechanism that believes in all the actions of man. We realized completely the project following the criteria and the formulas of the inventor and we obtained certain unique products for their originality, and for the path that they have succeeded to leave in time.

I LIQUORI DELL'ANTICA ROMA (the liquors of ancient Rome)

ROMULUS

IL LIQUORE DI ROMA (The liquors of Rome)

It is told that at the time of Nerone, after the well-known sumptuous meals of the period, the Romans used to sip a drink made of fermented wine and fragrant herbs. The liquor obtained from this ancient recipe is an excellent digestive and pleasant drink.

VATICAN

IL LIQUORE DI ROMA (the liquors of Rome)

Since the time of Alessandro VI, the ancient Roman noble, Pope Borgia, only drank a fragrant liquor obtained from the extraction of pine-gems, collected in the pine forests of the Roman coast. This fragrant and delicate liquor reconciled with the world and with life.

I PROFUMI DELL'ANTICA ROMA (the perfumes of the ancient Rome)

The art of creating perfumes and the enjoyment of using them comes from a distant past. Plinio, in its "Historia Naturalis" tells that in the beginning there were only forests that emitted fragrant smells, then someone, bringing together all of those fragrances, created the PERFUME. The name of the inventor is unknown but the formula was handed down; certainly, the first to create and to use the perfumes had been the Persian that used it themselves, according to their detractors, to cover up bad smells. The first official recognition goes back to Alessandro Magno, when after having stormed the camp of the King Dario, he took possession of a precious jewellery of perfumes. The perfume, whose story sinks its roots into a remote past, throughout the course of centuries, across the various civilizations that proceeded, has arrived to our time. In the framework of the Mediterranean herb and precious aroma merchants, the Etruscans had supplied them, then the Romans supplied them, then the ancient Egyptians were the supplier; often this traffic was the result of struggles and wars of conquest; an ephemeral and volatile substance was the cause of such geographic revolutions which had the power to make to disappear, often, entire national situations.

The perfume of Iris of Corinto was considerably successful, until when the Etruscans, snatching the secret of the cultivation and of the production transplanted it in Etruria. Today, the most represented flower of Tuscany is the Ireos Fiorentina. The Roses of Cirene were introduced in Tebe and represented for centuries based on the ancient Egyptian perfumes, the first one to discover the fragrance and its possibility to obtain it, was Cleopatra.

The use of the perfume in Rome begins with the conquest of Veio, when Etruscan kings capitulated under the crushing Roman conquest; in the republican period, when the customs were simple and moderate, it represented an unattainable luxury and was about decline, only with the arrival of the imperial period begin, that they began to receive news on its fabrication and its use. The critics Licinio Crasso and Lucio Julius Cesar, in 189 B.C., promulgated an edict that forbade anyone to sell the perfume, during the defined "exotic" period. After some time passed, we find that Mark Guide cites them in a treaty which defines the salient types and features; Nerone used them to perfume his feet, Gaio Caligola prepared perfume baths; pigeons flew freely in the homes and at parties and were soaked all of aroma to perfume the surroundings.

Our eminent predecessors had understood that the perfumes not only could cover up foul odours, but also could excite and touch our hearts!

The perfumes stimulate sexuality, in the deepest sense of the word. The pheromones, substances perfumed with similar effects to the hormones, influence the choice of a partner, should it be between men or animals.

Perfumes can provoke a positive or negative energy.

The most talked about and dark perfume of the essential oils corresponds to the flu on those who emit a stubborn odour. It is certain that in the course of history, the fragrant oils were used to influence the emotions and mental condition of others; that explains, among others, the use of incenses and other potions for religious and ritualistic purposes.

PROFUMO ROMANO (Roman Perfume)

The Romans began to expand their horizon with the Punic wars in the Mediterranean where they had their first commercial contacts with the Fenici, from whom they began to appreciate and purchase exotic products. The contact with the Etruscans, the first Magna Greece populations, the Persian, and then with Egypt, provoked a radical mental and behavioural transformation; their initial roughness is transformed over the course of centuries to one that is refined – often excessively, which would take them to their total decline. All of this occurs throughout the history of the perfume. The Roman took care of their bodies and they used the fragrant oils for their pleasure and for social connections. The perfumes, in ancient Rome, had reached a considerable degree of refinement. During the imperial period, the large territorial conquests wretched the Romans in contact with Asian populations, from there they began to import clothing, customs, and special materials for the preparation of perfumes. Today perfumes can be appreciated, intense and fragrant, as Plinio stated: "The perfumes of today represent a refinement for oneself and a pleasure for others."

Woods and exotic essences represent the predominant aromas of this perfume that the Romans – conquerors of the world – created. The fragrance and the delicacy of the aromas create a product that everyone can use and others will enjoy.

VENERE

IL PROFUMO DELLE DONNE ROMANE (Venus – the perfume of the Roman women)

Delicate and persisting perfume, rich of scents from other times, created only with natural essences and probably with the same original formula. Used since the Roman Imperial times from the Roman matrons to emit a more pleasing odour; to appear more desirable and make men fall in love with them.

MERCURIO

IL PROFUMO DEGLI UOMINI ROMANI (Mercury – the perfume of the Roman men)

Intense floral accents that reminds us of sweet spring sunsets in Rome. Used by men from the ancient Roman aristocracy to provide a more pleasant smell and to increase their chances of conquering love.

CUPIDO

IL PROFUMO DEI BAMBINI ROMANI

Tender and gentle perfume created with the intent to reproduce, what was probably used from ancient times, a perfume used by Roman mothers for their children to provide them with a softer and perfumed skin.

PROFUMO EGIZIANO (Egyptian perfume)

In 34 B.C., Cleopatra was justifiably able to define the progenitor of the modern perfumeries. She obtained from Antonio the control of the districts of the Dead Sea, where one of the most ancient and efficient cosmetic factories was located. Cleopatra encouraged and promoted searches and experimentations in the field of fragrant oils. The importation of roses from Cirene was primarily used for perfumed elements, and then expanded to a series of high quality and delightful aromas. The sweet-smelling findings of substances preserved well over centuries in the pyramids. The hieroglyphic inscriptions and the papyruses to the art of the perfumed decided not only to rebuild the history of ancient Egyptian perfumes, but to modernize it, as well. It is through this knowledge that today one can appreciate the delicate Roses and Resins perfumes that takes you back in a time when Cleopatra, with her proverbial beauty, enchanted and charmed the world. It is recounted that the fascination of her glamour was largely due to the perfumes.

CLEOPATRA

This agreeable and delicate perfume contains the roses of Cirene and Egyptian incenses; it lingers on the skin for extended periods of time to emit a special and pleasurable fragrance.

PROFUMO ETRUSCO (Etruscan perfume)

The Etruscans, that today still charm with the mystery that surrounds them, played a very important role in the evolution of the civility of man. Even though they were people initially devoted to sheep-farming with meagre relations with maritime communication, they succeeded to reach a high level of refinement that has been defined as: "the aristocrats of the ancient world."

The contact with the populations in the southern Italic peninsula agreed to appreciate the use of perfumed substances, from which they became great admirers and great producers. All of this comes broadly confirmed from the findings in the Etruscan tombs, from inscription and drawing of *aribollai*, *alabaster*, *bombiloi* and *gutti* (characteristic containers of perfumes and cosmetics that embodied the tombstones of the noble Etruscans).

Today, as it was 2500 years ago, the aroma and the delicacy of this perfume can bring about the same emotions of enjoyment as in those days. Simply by semi-closing the eyes, one can appreciate, through the evocations that such perfume persuades to the sense of smell, the refinement and the high degree of civility reached from this population. The pleasures to use a perfume so detailed and glamorous are the elements that render it so unique and unrepeatable.

ENEAS

This perfume comes from the orange groves of Magna Greece, whose flowers represent a fundamental essence; it is

enriched with resins and extracted plant plants to provide pleasure and charm to whoever wears it.

I SAPONI DELL'ANTICA ROMA (the soaps from ancient Rome)

SAPONE AL GELSOMINO (jasmine soap)

SAPONE OTTENUTO CON PURI OLII VEGETALI (soap created with pure vegetable oil)

In the late Roman spring, wild jasmines in the Ancient Alps were collected to create a delicate and intensely perfumed soap. Still today, following those ancient technologies, a rich soap full of strong scents is produced.

SAPONE ALLA LAVANDA (lavendar soap)

SAPONE OTTENUTO CON PURI OLII VEGETALI (soap created with pure vegetable oil)

On the Roman hills, the well-known wild lavender flowered from the time of antiquity and was collected for aromatic waters, perfumes and soaps. Today, like then, using the same lavender and the same technologies and methods from those days, we succeed in creating a richly fragrant and especially fine quality soap.

SAPONE ALL'OLIO D'OLIVA (olive oil soap)

SAPONE OTTENUTO CON PURI OLII VEGETALI (soap created with pure vegetable oil)

The finest olive oil was always found in alta Sabina; the Romans first used the fragrant oils for cleaning their bodies and later used it as a soothing and delicate soap.

GOCCE DEL BUON RIPOSO (drops of good rest)

The story goes that on a night when the moon was full, Morpheus, the god of sleep, confided this prescription to a prosperous Roman peasant from which it was handed down over the years.

APPLICATION: apply 10-20 drops on a lump of sugar in a drink to consume the evening prior to going to bed, in order to encourage a deep sleep.

GOCCE DELL'ENERGIA (drops of energy)

The story goes that Mars, the god of War, needed something to help him keep watch over the world. His recipe was written on a dried bay leaf, which came from the caverns of Sibilla.

APPLICATION: apply 20-30 drops on a lump of sugar in a drink to consume for additional energy; use 2-3 times a day.

From the descendants of Dominic until today, which represents the latest dynasty, Umberto has continued along the same enriched road, improving and deepening the ancient knowledge.

Doctor Umberto Nardi continued the family tradition by earning a degree in Biological Sciences from the University of Rome and a diploma in Erboristeria from the University of Siena. Today, he is a professor of Botanical Pharmaceutics and Fitocosmesi at Catholic University of Medicine and Surgery. His scientific knowledge was acquired through genes and studies, which has consequently authorized him to become a specialist in his field. He manages the family laboratory where he creates the produce line by applying ancient formulas handed down over the years. His passion for ethnobotanica (the study of traditional populates in the pharmacological and nourishment fields) and his contact with the great Italian and European monasteries brought together the two scientific and empirical worlds. All of this corresponds to a greater collaboration between our activities and that of the Monasteries – both interdependent.

Do try our products, they are all genuine and hand-produced and are the result of years of hard work and centuries of experience. Please telephone or fax your orders to us, which we will deliver C.O.D. anywhere in the world.