SYMAPLANT INFORMS

ODIFEROUS SPECIALITIES

– FROM SEED TO PRODUCT –

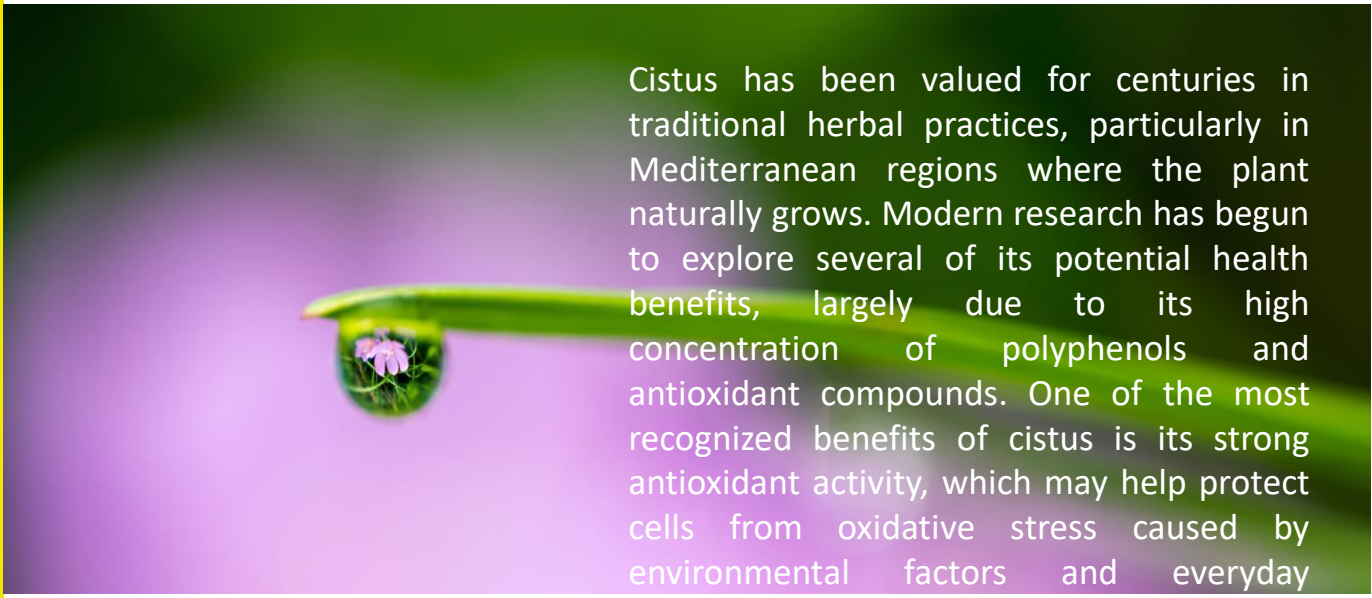




Cistus labdaniferus

- Botanical Information -

SYMAPLANT GROUP



Cistus has been valued for centuries in traditional herbal practices, particularly in Mediterranean regions where the plant naturally grows. Modern research has begun to explore several of its potential health benefits, largely due to its high concentration of polyphenols and antioxidant compounds. One of the most recognized benefits of cistus is its strong antioxidant activity, which may help protect cells from oxidative stress caused by environmental factors and everyday exposure to free radicals. Another important area of interest is its potential support for the immune system. Studies suggest that certain compounds found in cistus may help the body's natural defenses by supporting a balanced microbial environment. Cistus has also been traditionally used to soothe the respiratory system, especially in herbal teas and extracts designed for seasonal wellness support. In skincare and cosmetic applications, cistus extract is appreciated for its purifying and calming properties. Its natural compounds may help support the skin barrier, reduce the appearance of irritation, and contribute to a healthier-looking complexion. Additionally, the plant's aromatic resin has long been used in perfumes and wellness products for its warm, herbal fragrance and relaxing sensory qualities. The fixating effects and the unique woody odour make Cistur one of a kind..

Botanical Note:

There are around 20–25 recognized species within the **Cistus genus**, most of which are native to the Mediterranean region. During the COVID-19 pandemic, **Cistus incanus** in particular received increased attention and was studied more closely. The reason for this interest was its high content of polyphenols and antioxidant plant compounds. Several laboratory studies explored the potential antiviral properties of Cistus extracts, especially in relation to respiratory viruses.