

WITCH HAZEL

Hamamelis virginiana

Quick Guide for Herbal Practice

— TISSUE RESTORATION —

- Tightens relaxed or distended tissues
- Reinforces weakened vascular walls
- Reduces minor bleeding and seepage
- Calms localized swelling and irritation



— PRIMARY AFFINITIES —

- Skin & surface tissues
- Capillary and venous integrity
- Hemorrhoidal and varicose conditions
- Minor wounds, bruises, and inflammation

— TRADITIONAL APPLICATIONS —

- **Distilled Witch Hazel Water**
Used externally for skin toning and irritation relief.
- **Decoction** Prepared from bark or twigs for compresses and washes.
- **Tincture:** Used cautiously for vascular support and externally for localized care.

— KEY CONSTITUENTS —

- Tannins (*Hamamelitannins*) – Astringent, tissue-tightening
- Flavonoids – Vascular and antioxidant support
- Proanthocyanidins – Capillary stability
- Volatile Compounds – Mild soothing properties.



— *These compounds contribute to its **firming, stabilizing** action.* —

FUNCTIONAL ROLE

- Witch Hazel restores tone where tissue has become lax. It reinforces boundaries, reduces congestion, and steadies weakened vessels.

Its action is **firm** but not harsh –
corrective without brittleness.