

## Cretan Botano Mountain Herbs Kouzes



On our journey at the edge of the Messara-plain in south-crete, we recognized a little herb-shop. It couldn't have been coincidence that I have planned our vacation only two villages next to it. For that reason, I did a research and what I experienced then was just awesome.

It took us less than 48 hours after our arrival to go to Iannis Iannutso's shop. The sweet smell of all the herbs reached us already hundreds of meters away. I couldn't believe how the whole village was sort of surrounded by this smell. As we reached the shop, we felt kind of hypnotized by the smell of all the herbs and spices and we immediately felt the need to stay even longer as planned.



We looked around and enjoyed all the different perfumes. Iannis showed us his „treasures“ und explained us how and why these herbs have such a good quality. The intense light outside, the powerful energy and the beauty of those landscapes are part of the reason for the good quality of the herbs.

Iannis is just excellent in what he does and knows a lot about his herbs and how they are connected with human health. As well as tourists, a lot of natives call on him to get advise on these things.



You are in good hands at Iannis', when you are interested in herbs and spices.  
And you can find not only herbs from Crete there but also herbal tea, spices, olive oil and much more.  
Everything in its finest quality.

Our interest was mostly based on the herbs. Especially the indigenous ones caught our attention.

The „Dictamnus Origanum“ is a perennial plant which grows about 20 up to 30 meters high.  
You will find this curative plant only on the mountains and ravines of Greek island Crete.  
It is good for your gastrointestinal-system and is supposed to work aphrodisiacally.

We also found „Salvia Triloba“, also known as sage, which has a distinctive smell.

„Mentha Longifolia“, which is Cretan spearmint, has such an intensive smell that you can't stop nosing it.

Then we got to know „Krishna Tulsi“, which is a type of Tulsi that you barely find, even in India, which explains why it's so much valued.

Smoking Tulsi in the morning helps you to deal with daily stress situations.

Old tradition says that the Tulsi plant is a manifestation of the holy mother on earth.

But Iannis also got the resin „Mastix“ and a lot of other qualitative plants and herbs in his shop.  
You can see the good quality by its light, almost transparent color that comes along with a pleasant light smell when you smoke it.



The holy Tulsi mix in organic quality (Krishna, Vana, Rama) from Kouses is made by Iannis himself. For more than 3000 years, this holy herb has been planted in India and is appreciated because of its power and medical quality. When you smoke it on a strainer, its smell is pleasantly fresh and contains a bit of spicy smell as well. This calls upon us to get in action and to take responsibility for ourselves and our lives.



Mother earth placed everything at your disposal. Holy Tulsi helps you noticing this and being awake and concentrated to find your own way and to follow it with confidence.

Mother earth will protect you and won't leave your side.

The power Tulsi got is sainted and will support you in any way, but also challenge you.

So be prepared for an adventure of a lifetime.

We brought a bit of the holy Tulsi home.

Our idea is to let this be the start of a new heading for the shop and to provide these herbs for you.

If you planned to travel to Crete, we recommend a visit of Iannis' Botano warmly to you. What you will find there is unique on Crete. Full of love and passion, Iannis has built an oasis of herbal scents.

