

# Cotton Lavender

*Santolina Chamaecyparissus*



Also known as Santolina.

Cotton Lavender is an herbaceous plant belonging to the Asteraceae family, which can measure from 20 to 70cm.

It has a woody stem at the base, with multiple erect, pubescent branches.

Low in stature, it has a finely divided dense branching with gray foliage and a yellow flower.

More info in: [https://www.amu.bio/\\_cotton\\_lavender](https://www.amu.bio/_cotton_lavender)

## Cultivation

It should preferably be grown in full sun, in well drained soil, preferably sandy, rich in organic matter and with irrigation spaced intervals.

It tolerates short periods of drought, and does not like waterlogged soil.

It is resistant to frost, but doesn't like humid climates, where it is more susceptible to fungal diseases.

It can be multiplied by division of the branch already rooted, seeds, or cuttings.

It is recommended a space of 40 cm between each plant.

## History

It is a species native to the western central Mediterranean rim, and is also present in some temperate areas of Europe and the American continent.

The name "wardrobe" was given to it by the custom of hanging the branches of this plant

in closets, in order to protect clothes from moths.

### **Utilisation**

Widely used in landscaping, it is characterized by being a rustic plant, tolerant to drought, and easily adapted to different types of soil.

The flowers of the santolina can be used for flower arrangements, and after dried, for *potpourris* of aromatic herbs, used to scare moths away and to perfume closets and libraries.

Santolina is a plant widely used for its medicinal properties, such as antispasmodic, digestive, healing, anti-inflammatory, somachic, relaxing, sedative, and vermifuge.

In traditional medicine, it is used as an infusion for the relief of stomach problems and in aiding sleep quality. Santolina is also used for skin health and cleansing wounds.