

Basel, 19.07.2021

NEWS: Discover the variety of effects of TIGER BALM®'s essential oils!



TIGER BALM® stands for the healing power from Far Eastern medicine and helps against pain, colds and tension with specifically applied herbal essences. On the TIGER BALM® website you will now find comprehensive information about the ten essential oils contained in the products. The following four descriptions provide you with a small introduction to this exciting new content.

Peppermint – valued by the ancient Greeks



Peppermint oil is extracted from the stems, leaves and flowers of the peppermint plant which is widespread in Europe, Asia and North America. In addition to menthol, peppermint oil also contains other essential oils such as cineole and menthone.

The medicinal use of peppermint and other mint plants probably dates back to the herbal medicine of ancient Greece, where peppermint leaves were traditionally used, amongst other things, in the form of inhalation to alleviate symptoms of the upper respiratory tract and coughs. Peppermint oil is suitable for treating a wide range of conditions, including mild headaches.

Methyl salicylate – effective relief from wintergreen oil



Methyl salicylate is the main component of wintergreen oil, which is extracted from the leaves of various wintergreen shrubs.

When applied externally in combination with menthol, methyl salicylate is said to have an analgesic effect, for example to alleviate pulled muscles. The combination of menthol and camphor improves the skin penetration of methyl salicylate and inhibits its premature breakdown.

Cinnamon – fragrant effectiveness

Cinnamon oil is extracted from cinnamon sticks through steam distillation. These in turn consist of the peeled and dried bark of the evergreen Chinese cinnamon tree (“Cinnamomum cassia”).

Cinnamon is said to be particularly effective in the case of chronic inflammation. Cinnamon oil can inhibit inflammatory processes. It is also circulation-boosting and warming, which has a positive effect on joint ailments, among other things.



Camphor – the “cool” all-rounder from Asia

Camphor is the essential oil from the camphor tree, an evergreen Asian plant which belongs to the laurel family and can reach a height of up to 40 metres.

The active ingredient camphor is used, for example, in Ayurveda and in traditional Chinese medicine as a remedy for muscle ailments and rheumatism. Several biological properties are attributed to camphor, including activities that reduce coughs and relieve pain. In addition, camphor activates and sensitises the TRPM8 receptor, which triggers a pleasant sensation of cold. This effect is further enhanced in combination with menthol.



Visit the website www.tigerbalm.ch for more information on TIGER BALM® products and the essential oils they contain.

