

Vanilla

(Vanilla planifolia)



We all know the heavenly scent of vanilla, the aromatic sweet smell of cakes, desserts and delicious ice creams in which vanilla is the key ingredient. After saffron and cardamom, the vanilla pod is the third most expensive spice in the world. The vanilla pod is the long, black fruit of the *Vanilla Planifolia*, from the orchid family. Used in herbal remedies and aromatherapy, vanilla is renowned for its muscle strengthening and calming effects. The Aztecs not only prized it for its flavor but also for its aphrodisiac qualities. The vanilla fragrance is associated by many of us with a feeling of blissful and serene well being.