



HISTORY OF HERBAL SACHETS



Illustration of a satchel cushion with embroidery and tassels. (c.16th century) Folger

- In ancient China, a scented sachet was worn on the body to absorb sweat, repel insects and ward off evil spirits.
- In medieval Europe, sachets known as "plague-bags" were kept in a pocket, worn around the neck or dangled from the waist to provide protection against parasites and "bad airs". This straightforward name was replaced by the name "sweet bag" by the late 1500s and then, sachet de senteurs, in the 17th century. Eventually, they were also put around the home in closed-up areas where 'stale air' may linger. This basically makes the plague bag the precursor to linen sachets. Cedar/Pine sawdust, rosemary and lavender were common ingredients in plague bags. They would be collected fresh and changed often. These ingredients were known to be effective as pest deterrents and deodorizers which must have only reinforced their perceived effectiveness against the plague.
- Queen Isabella would perfume herself with bewitching fragrances by lining her dresses with herbal sachets. Placing herbs under pillows dates back centuries. Thought to protect against evil, bring good dreams, calm bad dreams and even help foresee the future!



POSSIBLE BENEFITS OF HERBS USED IN SACHETS



- **Lavender:** Used in Egypt during the mummification process. Used to treat skin blemishes and burns, reduces blood pressure, improves bronchial asthma, inhibits the growth of certain types of fungus. Also, soothes headaches, insomnia, anxiety, and stress.



- **Rosemary:** 16th century physicians recommended it to “keep thee youngly.” Rosemary is a rich source of antioxidants and anti-inflammatory compounds, which are thought to help boost the immune system and improve blood circulation. It is known to boost alertness, intelligence, and focus. Also, strengthens memory, improves mood and increases appetite.



- **Lemon Balm:** Once used in spells to heal broken hearts and attract romantic love. It might have a sedative, calming effect and reduce the growth of some viruses. It's calming to body, good for stomach issues and balances mood.



- **Rose Petals:** Used since the 15th century to cover unwanted odors. Also, fights depression, protects against viruses, helps improve sleep and regulates hormone production. Rose petals contain polyphenols, antioxidants that work to protect your body from cell damage. The polyphenols in rose tea have been shown to reduce the risk of heart disease, diabetes, obesity, and cognitive diseases.