

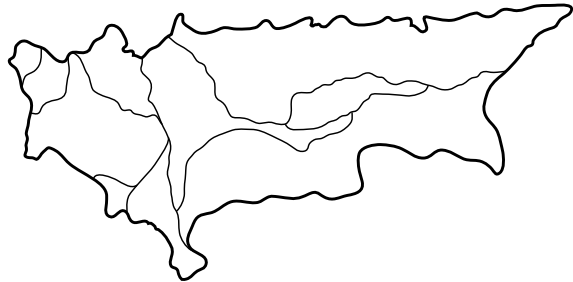
MOTHERLAND

Our inspiration...





De Chypre



«Νήσος τις έστι» – “There is an island”
Indeed, there is an island that never ceases to amaze
us and this is Cyprus, an island with a long cultural
tradition.



Let me tell you a story...

The history of scent is a long one. Ancient humans relied on their senses, one of which was smell, for survival. Four thousand years ago, the people of Cyprus prioritized this sense and managed to capture the aromas of the island and channel them in small containers to the benefit of the hedonic pleasures of the body. Hence was created one of the first perfumeries of the world – the perfumery of Cyprus.

The Cyprus perfume industry was born c. 2000 BC, and was unearthed by an Italian archaeological expedition at the turn of the 21st century. The ancient site, brought to light by the archaeologist's spade, is located in Pyrgos village in the Limassol district and is accessible to lovers of the history wishing of grasp a scent of the past.

Cypriots exported perfumes throughout the Eastern Mediterranean; these were used widely by female members of the high society of the time, who considered the perfumes of Cyprus to be among the best. Thus, products from the island – sold at fairly high prices – were deservedly of highest demand in the markets of the eastern Mediterranean.

The production of Cyprus perfumes – named Chypre, Ciprininum, Sausympkinon, Myratinum and Amarikinon – was based on the recipes of the ancient Greeks and Egyptians. Their scent, however, was reminding of Cyprus as the process involved local herbs and spices, including pine, rosemary, laurel, cinnamon, anise and bergamot, mixed with oil and wild vegetation from Troodos mountain range. This was, in other words, a multi-layered scent. More specifically, the methods used to release the aromatic substances were distillation,

the boiling of the pants' bark, as well as dilution in warm water mixed with olive oil.

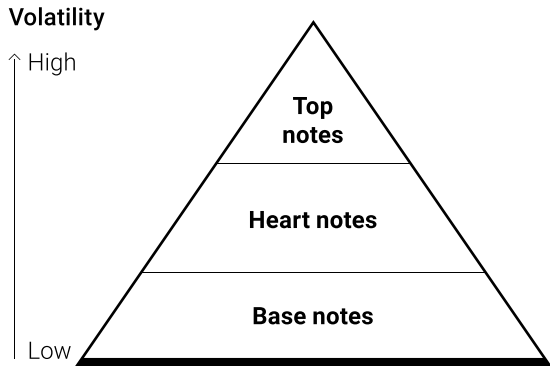
This pioneering combination has lasted through time and passed down in history through the words numerous Greek writers, including Theophrastus, Dioscorides and Pliny the elder. But there's more to the story of the scents of Cyprus... The island gave its name to one of the ten families of perfumes in the world. At present Chypre encompasses 60% of perfumes in the global market, which in itself points to the long past and historical links of Cyprus with the perfume industry.

Cyprus... an island with a depth of time and a scent of wild nature!

**Let me tell you
the story of our journey...**



Olfactory Pyramid



Top notes: This is the initial impression and the first notes you notice when you smell a candle. These notes “introduce” the candle fragrance and are typically fresh, light and citrusy.

Heart notes: When you burning a candle, the heart notes are the most prominent. Providing balance and harmony to enhance the top or base notes.

Base notes: The Base notes are what a candle lasting qualities. It is the scent that lingers even after the candle is extinguished.

Let the journey begin with a scent of Cyprus...

□ MOUSKOS

Top Notes

Pournella–Plum

Heart Notes

Arkotriantafillia–Wild Rose

Artisia–Cumin

Kiouli–Pelargonium Graveolens

Base Notes

Xistarka–Labdanum

Patchouli

“Ooh en mouskos”

Let the journey begin with a scent of Cyprus...

□ OROMAN

Top Notes

Vasilitzia–Basil

Bergamonto–Bergamot

Heart Notes

Paschalia–Lilac

Kiouli–Pelargonium Graveolens

Base Notes

Moura Aoratou–Juniper Berries

“En san to Oroman”

Let the journey begin with a scent of Cyprus...

□ NAMIN

Top Notes

Athasi-Bitter Almond

Heart Notes

Siko-Fig

Arkovkioletta-Sweet Violet

Base Notes

Glytzia Pournella-Sweet Plum

In *Physics*, Aristotle speaks of the many herbs one could see on the Troodos mountain range:

“...it has been found that on the island of Cyprus there is a big and high mountain, higher than all its mountains, called Troodos, where many different plants grow, which are useful in the art of medicine, and should I try to describe them separately, time will not be enough...”

“En me to Namin”

Our inspiration... the depths of time. Our motivating force... the present leading to a reinvigorated future, deeply rooted in a 4000-year long history. And the journey began... Triggered by the discovery of the ancient Perfumery of Cyprus, one of the oldest perfumeries of the eastern Mediterranean, we wandered through the captivating scents of Mother Earth... so we created Motherland. Thus, after arduous two-year long efforts, we brought myth and history to the present. Hence, through this titanic struggle, we achieved time coherence – we achieved the scent of our Mother Earth.

All of our candles come from nature, and, when they are returned to it, they reconstruct and enrich it. They are not merely friendly to the environment, they are its amalgam, achieved through human intervention... our own hands.



Aroma oils

La Cera Flamma candles has always been committed to maintaining the safest and highest quality raw materials.

Our exclusive collection of pure, high quality aroma oils is unique, sophisticated and created using high content of pure essential oils that are originated associated with the identity of Cyprus.

Free of Phthalate, Parabens, Silicone, Gluten and Peg are especially designed and formulated for optimum performance in a candle and diffusers.

Our premium grade quality aroma oils are 100% skin safe, non-tested on animals and IFRA certified.

Difusser base

Our diffuser base, is designed for optimal fragrance throw. Formulated free of phthalates or parabens, do not contain alcohol and is non-toxic.

An exceptionally luxurious diffuser, crafted using the best primary materials, environmentally safe, vegan and VOC Compliant.

Wax

Our wax is an all-natural, vegan blend of coconut and vegetable wax that has not been cultivated with herbicides.

Kosher certified 100% non-toxin, comes from renewable sources free of gluten, toxin and paraben.

Environmentally friendly with a superior cold and hot scent throw.

The blend of coconut and vegetable offers you the best of both worlds, the creamy beauty of coconut that melts in your hand and the stability of vegetable wax.

Wood wick

Made from 100% Certified all natural Wood. Responsibly sourced wood from sustainable forests, under a non-profit organization that provides environmental and social benefits while protects forests for the future generations. All our naturally processed wood wicks are handcraft, completely non-toxic, eco-friendly, organic and sustainable.

Provide a cozy crackling ambiance, as your candle is burning and create the distinctive soothing sound of a wood-burning fireplace, while infilling your home with mesmerizing aromas from Cyprus.

Wooden box

Our wooden box are handmade by reflecting creative spirit, the elegant design and the skillful craftsmanship.

Each box is hand crafted and made of natural unpainted wood, that are sourced from sustainable managed forests.

A wooden box is the perfect gift, even perfect on its own just as decor.

Is ideal of recycling by storing and organizing.

Bags

Motherland collection bags speak for design, sustainability and craftsmanship quality.

Were developed in response to the demand for a zero-waste products.

Very useful and stylish with a high quality appearance, made from environmentally eco-friendly material and finished with luxury handles.

They are responsibly designed to last for years, for everyday use, ideal for shopping or travel.

The raw materials...



Once upon a time...

When we were developing the Motherland of Cyprus range, we were not only thinking of the products life as a candle or diffuser, but also its “afterlife”.

We have consciously designed a beautiful package, to encourage you to reuse and recycle.

Our Motherland of Cyprus candle collection, is available with a seeded paper to repurpose your elegant vessel, once the candle has completed its journey.



□ Seed paper

The world should receive beautiful things not have them taken away... What better gift could there "Bee"?

Our Motherland of Cyprus candle collection, is available with a layer of protective seeded dust cover paper with an eco-twist.

Each cover, made and cut by hand, exclusively by La Cera Flamma in Cyprus, from 100% recycled paper, embedded with non-GMO, pollinator-friendly seeds.

When the paper is planted, the paper biodegrades while the seed grow, leaving no waste.

Once the candle has completed its journey, simply follow the instructions. Plant the paper preferably during spring months, in fresh soil to repurpose your vessel as a plant pot, creating a new scent experience by helping to the natural habitat of bees.

Follow the steps...



Plant it. don't throw it and it will grow a mesmerizing plant of Cyprus.

What happens
if bees go extinct...



What happens if bees go extinct

Albert Einstein is often credited with saying: “If the bee disappeared off the face of the Earth, man would only have four years left to live.”

How important are bees and what will happen when they go extinct?

Millions of bees are dying off, with alarming consequences for our environment and our food supply. We rely on bees to pollinate everything from almonds to strawberries... Imagine no almonds, fewer apples and strawberries, less tomatoes and the list goes on...

What happens if the bees disappear? It's simple:
No bees, no food.



Bees are very important because they pollinate food crops. Pollination is where insects move pollen from one plant to another, fertilizing the plants so that they can produce fruits, vegetables, seeds and so on. If all the bees went extinct, it would destroy the delicate balance of the Earth's ecosystem and affect global food supplies.

Simply we can't live without bees.

We can all do our bit to support these brilliant bugs, gang! Why not plant flowers rich in nectar, which will help bees find the food they need?

Our mission is simple to contribute to this effort by supporting the struggle of many organizations that help bees.

Together, we can give bees a chance.

Let's plant more pollinator-friendly plants!

□ How to plant your seed paper

Make sure you keep hold of this paper and give your vessel a new life.

We recommend planting within the first year of receiving your seed paper product and do not plant it in nature.

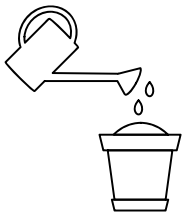
For optimal results, only plant mid to late spring or early summer—winter is not the best time for plants growth.

Once you have finished burning your candle, simply follow the instructions below to use the seeded paper and repurpose your candle vessel as a plant pot.



STEP 1—PREPARE YOUR POT & PLANT THE PAPER

After candle is fully used, clean the container. Put some stones at the base of the plan pot to increase drainage. Fill your pot 2/3 full with good potting soil. Tamp down the soil and add more if necessary. Dampen your seeded paper in water until soft. Take your seeded paper, cut in small pieces and place it in the prepared pot. Spread a 1/8 inch layer of soil over the seed paper and tamp down gently on top.



STEP 2—CARE DURING GERMINATION

The seeds in the seeded paper require a little bit of care throughout the germination period. After planting the paper in your pot, give it a good soak. You want the paper and the soil to be nicely damp but not swimming in water. During the first 10 days, keep the paper moist at all times. The water is necessary for germination.



STEP 3—ENJOY A PLANT OF CYPRUS *with bees in mind*

Germination time is 1-3 weeks. Once your small plants have grown, keep your pot protected from extreme temperatures, and strong sunlight. Continue to keep the paper moist but be careful not to overwater. Once the seedlings are well established you can then transfer them in a bigger pot.

□ Candle care & safety

- Initial burning of candle should be approximately 1 hour per 2,5 cm of candle diameter.
- Allow your candle to burn for 3–4 hours the first time you light it. This will create a large enough “melt pool” and ensure that your candle burns evenly and for its full life.
- Always trim your wick before each use, removing all charred wood from previous burns. The wick should be trimmed to between $\frac{1}{8}$ and $\frac{1}{4}$ inch. If you don't, the wick may not stay lit long enough to fuel the flame, causing it to extinguish itself or it might smoke. To trim a wooden wick remove all charred wood we suggest a **wick trimmer**.
- Never leave a candle burning unattended.

- Burn candles out of reach of children and pets.
- Always place candles on a heat-resistant or a non-flammable base.
- Never burn a candle on or near anything that can catch fire.
- Do not burn candles in a draft.
- Never move a burning candle. Allow the candle to cool and solidify before moving. The candle container and wax can become extremely hot when in use.

Now you can relax and enjoy a scent of Cyprus...



Burn Time

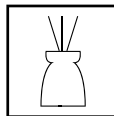
Up to 50 hours

□ Diffuser care & safety

- After carefully reading the safety information below, remove the cap.
- Insert the reeds into the bottle making sure they are spread evenly.
- Motion in the room and general movement in the air will help circulate the scent and throw the fragrance, so it's best to place it in a high traffic area that will help move the scent around.
- You'll need to flip your reeds every few days, to keep the scent fresh. The reeds will act like a wick, drawing the scent up into the air and your room.
- Ensure the diffuser is placed on a stable surface to prevent spillage.

- Contains flammable liquid, keep away from heat.
- Ensure your Diffuser is placed out of reach of children and pets in an area where it will not be easily knocked over.
- Do not light the diffuser reeds.
- Do not put near mouth or swallow.
- Do not allow liquid to come in contact with skin.

Now you can relax and enjoy a scent of Cyprus...



Average Use
9–12 months



Arkotriantafillia Sionistras–Rosa Chionistrae

Is one of the most widely used flowers in perfumery since ancient times and it is no coincidence, that it is called the king of herbs.

The wild rose of Chionistra with the scientific name *Rosa Chionistrae*, is an endemic species of plant in Cyprus. A very special and rare species of wild rose, found only on the mountain tops of the area of Troodos, specifically in the area of Olympus or otherwise of Chionistra. It is one of the rarest species of wild rose that blooms in May and maintains its flowering until July, plant that exists in Cyprus and nowhere else in the world – its flowers are white and consist of 4–5 petals that emit a very beautiful aroma. The fruits are almost spherical in shape and deep red in color.

Another type of rose that has been cultivated commercially later in Cyprus, and for almost 100 years is synonymous with Agros village, is officially known as the “Rose of Damascus” – Rosa Damascene. In Cyprus it is also called “mirodati” or “oreitiki”, it is known by the scientific name Rodi or Damascene and belongs to the Rosacea family. This is one of the earliest cultivated roses and has been used cosmetically and pharmaceutically for over 4,000 years.

There are over 10,000 types of cultivated rose but none approach the aroma of Damascena. This is why it is so highly valued by the cosmetic industry even though it takes over 18 tonnes of rose petals, to produce one litre of rose oil by steam distillation. Today followed by its presence in over 90 per cent of women’s cosmetics. Every year in May, the village of Agros is hosting a rose festival, dedicated to the beautifully scented Damascus roses.

Artisia–Cumin

Cumin is known as Artisia in Cyprus. Because cumin is durable and adaptable to both warm and cool climates, it is easily grown around the world. In addition to its fragrance and good taste makes it the second most popular spice in the world. Originates from Egypt, and East Mediterranean, but it is cultivated in Cyprus since ancients time.

Due to its particularly, characteristic strong aroma the spice is widely used in various Cypriot traditional recipes and gives a special taste, reminding us of something from Cyprus.

Cumin (*Cuminum cyminum* L.) is a small annual and herbaceous plant belonging to the Apiaceae family, with the flowers that appear at the end of the stem in the months of May–June, in white or pink color and

spindle-shaped fruits in green and gray color, which produces highly nutritional oleaginous seeds. Cumin is the dried seed of the herb *Cuminum cyminum*. The seeds contain between 2.5 and 4.5 percent essential oil, which is obtained from steam distillation of crushed cumin.

Like a lot of spices used in ancient times, most were used for health reasons or in medicines before being used for adding flavour to cooking and the early history of cumin was no different... At least 4000 years ago, cumin health benefits have been well known...

An earthy and intensely warm aroma, with characteristic spicy-walnut, resinous, strong or even somewhat harsh and bittersweet aroma, it is one of those aroma notes that you will either like or despise.

Kiouli-Sweet Rose Scented Geranium

Its botanical name is *Pelargonium graveolens* and belongs to the Geranium larger family. Known as the rose geranium and very common in Cyprus with the name kiouli.

Kiouli is a traditional garden plant, so common in Cyprus that you will surely find one in most gardens or balconies, planted in pots or directly in the garden in all cities, villages and in almost all communities on the island.

The leaves are deeply incised, velvety and soft to the touch (due to glandular hairs). It blooms from April to September with pale purple flower petals.

Pelargonium comes from the Greek πελαργός pelargos which means stork. The adjective Graveolens from its Latin name Pelargonium graveolens refers to the strong-odor leaves of the plant.

The rose-scented geranium, is cultivated in Cyprus as an ornamental and aromatic but mainly for its oil as it is of great importance in the perfume industry, since ancient time and still in use. Has a special aroma, reminiscent of incense. The leaves of the plant are well known "secret" that they produce a wonderful intense aroma combination of rose and citrus and are used in home-made pastries, such as: for flavouring sweets.

A herb that has a relaxing effect on the body and acts as a very good insect repellent.

Xistarka-Labdanum

In Cyprus it is also known as Louvidia or Ladania.

It is one of the most beautiful and characteristic vegetation species of the forests and other areas of Cyprus. It is found in many areas of the island such as Stony slopes, forests and shrubs from Akamas, the mountain ranges of Troodos, Pentadaktilos, Karpasia, Cape Greco, Akrotiri.

Its asteroid flowers appear between February and June, pink with stamens in bright yellow colour, creating a beautiful contrast, also founded in other colours.

During ancient times, the labdanum was an important material for perfumery because of its sweet and pleasant smell. At the same time, it was described by

Dioskouridis as an anti-hair loss product.

Cyprus at that time should have been the main area, if not the only one to collect the Labdanum. Its collection and export was a lucrative activity for residents, mainly in Lefkara and Tilliria.

Those who brought the Labdanum in Western Europe under the name "Cypriot" –"Chypre" in French, were the Crusaders. The Catholic Church forbade perfumes because it considered them to be a sin. So when the Crusaders conquered Cyprus and came into contact with the fragrance of Cyprus (the labdanum aroma), they were impressed. They transported it back to Europe under the name "Cypriot" as a perfume of Cyprus.

Patchouli

Also spelled patchouly. Patchouli grows well in warm to tropical climates. It thrives in hot, humid weather but not extended periods of direct sunlight.

It belongs to the mint family and has large, fragrant leaves with irregular tooth-shaped edges. Both the stems and leaves are covered in fine hairs. Although the plant rarely blooms in late autumn, it produces small flowers that are very fragrant in white or light purple shades.

While it's part of the mint family, patchouli doesn't smell fresh and cool the way typical mint varieties in the grocery store do. Instead patchouli oil has an intense aroma, typically described as a combination of musk and earthiness, that's also mildly sweet musky, woody and spicy.

The essential oil is extracted from the dried leaves and young twigs of *Pogostemon cablin*. The odour of patchouli oil is said to be more powerful than any other essential oil obtained from plants. It blends well with other essential oils and imparts strength, alluring odour and long-lasting qualities to other essential oils and perfumes while helping prevent rapid evaporation of perfumes.

Patchouli is known for being the hippie scent-of-choice in the 1960s, some experts suggest that strong-smelling patchouli oil was used by hippies to mask the smell of marijuana that they have used, but its traditional uses date back thousands of years.

The heavy, strong, woody and earthy scent of patchouli has been used for centuries in perfumes and more recently in incense, insect repellents and many alternative medicines. Its dark, musky-earthly aroma

profile is so unique and special as a note and this it has been appreciated since ancient times in Cyprus, as it has been used in the famous Chypre perfume family.

Patchouli is one of the important essential oils extensively used widely in modern perfumery from the most popular perfumers in the world. Now you'll find it in many "refined" and "elegant" perfumes, as it used widely as an important base note ingredient due to its long-lasting and strong fixative properties.

Vasilitzia–Basil

Ocimum basilicum, also called great basil or Saint–Joseph’s–commonly known in Cyprus as Vasilitzia. It is a culinary herb of the family Lamiaceae–mints. Its name is thought to originate from the Greek word “Vasileus”, meaning “king”, called also the “king of herbs” and the “Royal herb”.

Is one of the most popular – beloved aromatic plants that we use in Cyprus while in the past it was also an erotic symbol. Has been cultivated for many years all over Cyprus, in almost every house, mainly in the villages, in the gardens and in the pots of the houses for its ornamental value. You can find many varieties of basil in Cyprus and are known as basil broadleaf, spruce, curly with a strong pleasant aroma and depending on the species and cultivar, the leaves may

taste like anise, with a strong, spicy and often sweet aroma.

In everyday life, Cypriots have used and still use herbs and spices for their variety of uses, including culinary, medicinal and cosmetic, as most of them have remarkable health benefits.

The use of basil has been incredibly important throughout history and it is rightly one of the most popular herbs used both in Cyprus cuisine and in every corner of the earth. Is a widespread plant due to its healing properties, and this is due to the essential oil secreted by its leaves.

Basil has been known since ancient times for its medicinal properties on the Island. The essential oils of the various varieties of basil were used in perfumery and aromatherapy. There are already many reasons to love basil...

Bergamonto–Bergamot

During citrus season in Cyprus, you'll run across something called a bergamonto... Bergamonto as we call it in Cyprus, is the fruit of the tree of bergamot which belongs to citrus. The scientific name of Bergamot is lime or pergamios, it is a very nutritious citrus fruit with a wonderful aroma of citrus and floral notes.

As it is sensitive to cold, is cultivated mainly in warm climates. Its leaves are large, lanceolate and pointed. The flowers are white, while the fruits are relatively large flattened or round with yellow to orange color. Most experts estimate that this is a mutation of other citrus fruits. It is probably a hybrid of two species of citrus, citrus limetta and Citrus aurantium.

Bergamot essential oil produced from its peel is sought after and widely used in aromatherapy. One of its most important applications is in the cosmetics industry, in which it has been used for centuries, in soaps, perfumes and lotions. Its use dates back to the time when the cologne (water of Cologne) appeared.

The aroma of bergamot is special, intense and is used in a huge variety of teas, with the most famous being Earl Grey tea. It has always been one of the most traditional Cyprus desserts of the spoon, and the most valuable of the cupboard. The inside of the bergamot fruit is not eaten raw, but it becomes a dessert and jam.

Paschalia–Lilac

Lilac, known by the scientific name *Syringa vulgaris* and belong to the same family as the olive tree.

Commonly known in Cyprus as paschalia. Got its name from the Greek word Pascha which means Easter and is associate with Easter period. And this is not only due to her name but also to the fact that she blooms once a year, for twenty to thirty days, near Easter.

In Cyprus lilac flowers are typically used to decorate the Epitaph on Good Friday, as tradition says that the tree first bloomed when the Virgin Mary sat beneath its branches, heartbroken with grief following the Crucifixion of Christ, and blessed its flowers.

It stands out for its characteristic heart-shaped deep green leaves and especially for its wonderful fragrant flowers, in shades of deep purple.

Lilacs have an intense aroma, that many describe as the scent of a rose mixed with a hint of vanilla. Cyprus lilacs have a strong, sweet, heady scent. Most people find the fragrance of lilacs appealing, although a few find it too sweet. Due to their pleasant aroma, lilacs have become a popular ingredient in perfumery.

Vasa Koilaniou Village, 35 min from Limassol district becomes doubly beautiful in the spring, particularly during April, when the lilac trees that dot the village are in full bloom. Permeates and fills the whole village with purple touches, as its small, purple flowers cover all its branches Thus, nature appears to be decorating the entire village in celebration of spring as well as Easter.

Aoratos–Juniperus

Cypriot pine tree with the name Aoratos which means invisible. The Troodos mountain Stinking juniper (*Juniperus foetidissima*) belongs to the Cupressaceae family. Apart from the *Juniperus foetidissima*, three more *Juniperus* species are also found in Cyprus: *Juniperus oxycedrus*, *Juniperus phoenicea*–juniper of Akamas, and *Juniperus excelsa*–juniper of Madari. The name *foetidissima* was given to the plant because of the characteristic intense odor of the young twigs, when they are crushed. In reality the odor is anything else rather than foetid.

It is a medium–sized, long–lived evergreen tree, usually 3–5m high and occasionally up to 20m, with a lifespan up to 1500 years. The flowering period is from December to June. Leaves are generally very

much alike to those of cypress from which is often distinguishable only by its fruits. The fruit is a berry–like, globose cone, lustrous, dark reddish–brown, up to 1.5cm in diameter, with 3–6 seeds and it ripens from September to November of the second year after flowering.

Juniper is a relatively common plant at the higher picks of Troodos Forest and is under the protection and management of the Department of Forests.

Is an indigenous to Cyprus, where it is restricted to the Troodos area–Prodromos, Kryos Potamos, Chionistra, Kampos Tsakistras and elsewhere on altitudes of 1000–1950m.

It has a rich history of traditional uses and benefits. Many Juniper species are used in landscaping as well as for timber, resin, essential oils production and used to flavor a wide variety of foods and drinks.

These common uses have led in high yields of wood and eventually contributed to the reduction of juniper's natural forests.

In addition, Juniper fruits contain abundant essential oil which is produced by steam distillation of the fruits. Their special balsamic and bittersweet aroma is particularly preferred in the aromatization of mainly alcoholic beverages such as gin. Reported as well that juniper's fruits and wood had been used for scenting wine. Finally, from the distillation of the wood, a viscous aromatic oil of dark color is obtained used for centuries in perfumery, pharmaceuticals and as incense.

In Cyprus there are some century-old Juniper trees, such as the largest one on the island, growing at Loumata ton Aeton, with a diameter of 4.45m and which is more than 500 years old and at Kampos Tsakistras

with a trunk circumference of 2.25m and age over 250 years. Some century-old Juniper trees can be also found at the higher picks of Troodos National Forest Park. All of them are managed and protected by the Department of Forests which is the competent Authority responsible for their conservation, or which is the competent Authority for their protection and conservation.

A running project funded by the European Commission within the framework of the LIFE+Programme, named JUNIPERCY, aims at the protection and the promotion of the long term conservation of endemic forests with *Juniperus* spp in Cyprus, with special emphasis on *Juniperus foetidissima*.

Athasi–Bitter Almond

In the Cypriot dialect, the almond tree is called “athassia” and the fruit is called “athassi”. The popular name “athassia” comes origin of the greek word “Θασία αμυγδαλή” (thassia amygdali), which refers to the almond tree from Thassos island, which was renowned for its delicious. The Almond tree belongs to the rhododendron family and it self-grow in many areas of Cyprus. Its beautiful flowers appear before the leaves and is very fragrant. When it blooms from February to April it is a real jewel of nature. In Cyprus we call the loaded flowering almond tree “bride”, since its colors bring more to white with pink. It is the first important flowering for the bees, where they collect pollen and carry it from flower to flower like little fairies jumping.

In Cyprus the almond tree has been known since ancient times, as evidenced by archaeological findings and the almond oil has been used since then, in perfumes and medical products. “Antiquitates” used to use almond oil as a base, to mix herbs and create perfumes. Bitter almond is a very aromatic essential oil, with a luxurious gourmet bitter–sweet note, soft and nutty it makes an irresistible combination in perfumes.

Throughout history, almonds have been known not only for their medicinal and aromatic properties but also for their legendary nutritional properties. Depending on the variety of the tree, the seeds are sweet or bitter. There are two basic types of almond tree. One type is *Amygdalus communis*, var. *dulcis*, which produces sweet almonds, and the other one is *Amygdalus communis*, var. *amara* that produces bitter fruits, which generally used for their scent.

The vast majority of wild almonds had a very bitter taste, but with human intervention and systematic cultivation today we have many almonds with minimal bitterness.

If you're visiting Cyprus from late February through to March, then there is one truly special place that you simply must see at this time of year: the village of Limnatis. Known as the "almond" village, during spring, Limnatis is transformed into the most beautiful magical wonderland with pink and white blossoms of the almond trees in full bloom. The fragrant aroma of the blossoms fills the air as you stroll around the picturesque village streets.

There is an annual Almond Blossom Festival in Limnatis which marks the beginning of spring and awakening of nature.

Siko-Fig

A luscious fruit that dates back thousands of years. The fig tree or scientifically *Ficus carica* is a deciduous shrub or tree.

Famous since antiquity large deciduous and long-lived tree, can be found in many varieties. Some well-known varieties of figs in Cyprus are the greens, the vartika, the vazanata and the magziles. Cyprus figs appear mostly in July–October and are associated with the end of summer, when at the peak of the heat the fruit are ripen, as if soaked with sun.

Scent and memory, as we all know, are intimately connected. Summer memories in Cyprus is associated with distinctive smell of the ripe figs on the fig tree. Cultivated in Cyprus since ancient times, for

thousands of years figs were an eclectic fruit of the ancients. There are countless trees scattered all over the island with the most famous giant fig tree in Kato Pyrgos with an area of about 3,600 square feet and a production of figs of around 2 tons.

The fig is a symbol of pure hedonistic enjoyment. From the green, aromatic freshness in the shade that leaves provide us, through the resinous, intoxicating scent of the tree to the milky, delicious fruit. Fig essential oil is derived from the seed and leaf of the tree. The scent of fig is marvellous and quite unique. The fruit smells juicy, indulgent and syrupy with a mild aroma, while fig leaves have a sharp, almost bitter aroma. A mix of both milky-sweet, creamy facets and bitter green elements, the fig is an intriguing perfumery ingredient full of complexities.

Arkovkioletta-Sweet Violet

The wild Cypriot violet with the scientific name *Viola Cypria* belongs to the *Violidaceae* family. Commonly known as *Viola*, *menexes* or *arkovkioletta*. A self-growing wildflower that it grows mainly in the Troodos mountains and gives beautiful flowers in April with five oval petals, while its leaves are simple and slightly heart-shaped. A related species that also grows in Cyprus is the so-called blue violet-*Viola sieheana*.

There are several types of violet, some of which resemble Sweet Violet closely, but do not have the same attractive sweet aroma. The main type present in Cyprus is the sweet smelling variety.

Due to their particularly intense aroma, violets—flowers and leaves have been used in perfume industry and were very popular. In the realm of perfumery, violet leaf is valued as a superior “green” note, with green notes in general considered to be some of the most important in perfumery while the sweet scent of the flower has proved popular, especially in Cyprus. It has therefore been used in the production of many cosmetic fragrances and perfumes throughout history. Violet also made its mark on modern perfumery as it was used in many Chypre perfume classics of the first half of the 20th century. However, you may be surprised to find out that there is so much more to this little flower. Violets were used in herbal medicine to treat ailments such as headaches, depression and insomnia. From their flowers and leaves is obtained an essential oil that contains fatty acids with anti-inflammatory, and soothing properties.





Glossary

MOUSKOS: Smells very nice

OROMAN: Dream

NAMIN: Name

Pournella: Plum

Arkotriantafillia: Wild Rose

Artisia: Cumin

Kiouli: Scented Geranium

Xistarka: Labdanum

Vasilitzia: Basil

Bergamonto: Bergamot

Paschalia: Lilac

Moura Aoratou: Juniper Berries

Siko: Fig

Athasi: Bitter Almond

Arkovkioletta: Wild Sweet Violet

Glytzia: Sweet

“Ooh en mouskos”: Ooh it smells very nice

“En san to oroman”: It’s like a dream

“En me to namin”: Is very famous

The Booklet...



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Editors: Aggeliki Schiza

Contributing Authors: Achillina Stylianou

Text editor: Emilios Constantinou

Graphic design: Stephanie Stylianou

Printed by: La Cera Flamma

Web Development and Design: Leonidas Constantinou

Photography and Videography: Zinonas Alexandrou

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