

Restoring Immunity Gemmo Memo: Horsechestnut

Enjoy this sweet mix of Gemmotherapy Materia Medica and an Asian Medicine lens as Maegan and Lauren explore the healing potential of Horsechestnut Gemmotherapy Extract.

Discover more about Lauren and Maegan's work here:

Lauren Hubele

Maegan Lemp

Learn more about Gemmotherapy here.

Find Gemmotherapy extracts here.

New to Gemmotherapy? Here's a Beginner's Guide to get you started.