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*Cedronella canariensis*

[Synonyms : *Cedronella triphylla*, *Dracocephalum canariense*]

**CANARY BALM** is a semi-evergreen shrub. Native to the Canary Islands and North America it has small, pink to white flowers.

It is also known as Balm of Gilead, Canary Islands balm, and Herb of Gilead.

*Canariensis* means ‘of or from the Canary Islands’.

This is not the ‘real’ Balm of Gilead, *Commiphora gileadensis* but like several other species it shares the name. Nor should it be confused with other plants of the same common name such as *Populus candicans* which is a tree of a different family (*Salicaceae*). This balm of Gilead’s (or Canary balm’s) aromatic leaves are said to be the only reason that it attracted the name.

Its leaves have been used to make a tea.

Canary balm is used today commercially in perfume and pot pourris.

Medicinally, today remedies rely on the leaf buds of *Populus candicans*.