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*Spiranthes spiralis*

[Synonyms : *Epipactis spiralis*, *Neottia autumnalis*, *Neottia spiralis*, *Ophrys autumnalis*, *Ophrys spiralis*, *Spiranthes autumnalis*, *Spiranthes glauca*]

**AUTUMN LADY’S-TRESSES** is an orchid. Native to Europe (including Britain) it has tiny almond-smelling, greenish-white flowers with a green-spotted white lip.

It is also known as *Ceineirian Troellog* (Welsh), Common lady’s tresses, *Hajja u Mejta* (Maltese), *Herbstdrehwurz* (German), *Herfstschröeforchis* (Dutch), *Höstskruvax* (Swedish), Lady’s traces, Lady’s tresses, *Pokrut jesenný* (Slovak), *Skruvax* (Swedish), *Spiranthe contourné* (French), *Spiranthe d’automne* (French), *Spiranthes* (Italian), *Švihlík krutiklas* (Czech), Sweet ballocks, and *Tere* (Turkish).

*Spiralis* means ‘spiral or spiralled’.

At one time this plant was considered to be an aphrodisiac.

Medicinally, autumn lady’s tresses used to be recommended particularly for treating eye ailments, skin disorders and pain in the kidneys. Today it can be used in homoeopathic treatment.