

Press release

Leinfelden-Echterdingen, 22.1.2009

Speick on the right track The unique cultural history of this forgotten and rediscovered medicinal plant

Speick is known in botanical circles as Valerina Celtica. Its Latin name is cultural history at its best – “Valere” is Latin for “stay healthy”, and “Celtica” stands for its Celtic background, today the alpine Nock Mountains in Carinthia, Austria.

The medicinal plant has a calming effect on the central nervous system while simultaneously stimulating the vegetative nervous system. Speick relaxes without tiring and revitalises body, mind, and soul.

Speick was previously known as Spica Celtica. The medicinal plant’s rootstock is reminiscent of an ear of grain, and so was unceremoniously dubbed Spica, the Latin word for this. Spica became Speick over the course of the plant’s centuries of history.

To find Speick, you must first cover many vertical meters, leaving the treeline of the Carinthian Alps well behind. You can find what you’re looking for from 1,800m. Speick builds its harmonising strength in the protected Nock Mountains Biosphere Reserve.

Valuable Speick oil has been gently extracted from the roots of the plant for thousands of years. Speick was used to perfume bathes, and afterwards, the valuable oil was used for skin care in Egypt in 500 BC. For centuries, several tonnes of Speick was exported from Venice to all over the world every day.

The plant was already used for medicinal uses in the 10th century. The doctor Galen cured Kaiser Marc Aurel’s stomach problems with Speick. The plant was worth its weight in gold and was later subject to high taxes. Speick was exported to Turkey, Syria, Morocco and Sudan until the start of the 20th century. In 1936, Speick was threatened with extinction and was placed under protection. With it, Speick promptly lost its economic importance and sank into oblivion.

Speick is harvested by hand, as it has been for centuries. The Speick harvest is an important source of income for the two alpine farming families with harvesting licenses.

SPEICK natural cosmetics are the only products in the world to contain the unique Speick extract, which has been certified as from biologically regulated wild harvesting since 2003. Speick extract is combined with other ingredients, depending on the product. Alongside Speick extract, the SPEICK Thermal range (approved natural cosmetics), for example, also contains algae and silica combined with the fruity fragrance of essential oils.

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