

ESSENTIAL VOCABULARY

This essential vocabulary list is aimed to facilitate listening comprehension.



| TERM | DEFINITION |
|------------------|------------------|
| Medicina natural | Natural medicine |
| Aliviar | Relief |
| Desinflamar | Reduce swelling |
| Sábila | Aloe Vera |
| Romero | Rosemary |
| Propiedades | Properties |
| Mejorar la salud | Make you better |
| Aceite esencial | Essential oil |
| Malva | Mallow |
| Manzanilla | Chamomile |
| Té | Tea |
| Vitaminas | vitamins |
| Hervir | Boil |
| Mezclar | Blend |
| Avena | Oatmeal |