Weleda UK Pollen Chart

Did you know that 1 in 5 people in the UK suffer from hayfever?



The pollen season includes three main phases:

- Tree pollen
- Grass pollen
- Weed pollen

Pollen Calendar Main release period Peak Pollen Type lan Feb Mar Apr May lun Jul Aug Sep Hazel (Corylus) Yew (Taxus) Alder (Alnus) Elm (Ulmus) Willow (Salix) Poplar (Populus) Birch (Betula) Ash (Fraxinus) Plane (Plantanus) Oak (Quercus) Pine (Pinus) Lime (Tilia) Grass pollen Grass (Poaceae) Weed pollen

Calendar source: Met Office

Oilseed rape (Brassica Napus)

For a free pollen forecast please visit: www.metoffice.gov.uk/health/public/pollen-forecast

Visit www.weleda.co.uk for more information and for products that may relieve your hayfever symptoms.

In harmony with nature and the human being.