

## CISTUS LADANIFER *ladanifer* L. (MEDITERRANEAN ROCKROSE)



### HABITAT AND ECOLOGY

*Cistus ladanifer* is a colonising species, typically xerophilous, without specificity for soil types, but more abundant in acid ones. It is thus a pioneer plant, which generally colonises very degraded soils (colonises after fires) and that adapts perfectly to conditions of low fertility and other periodic extreme situations. It has an important strategy of survival that occurs in species that grow under unpredictable environmental conditions.

### IMPORTANCE AND USAGE

It contains labdanum, a kind of rubber composed of resins and is used in perfumery to fix it with other essences.



### DISTRIBUTION

The genus *Cistus* is one of the most characteristic among Mediterranean shrubs. It is distributed mainly around the Mediterranean and in the Iberian Peninsula it is represented by twelve species. Within this genus, the most abundant species is *Cistus ladanifer*, whose range is limited to the western most part of the Mediterranean Region.

