

Lavender Pure Essential Oil (10ml)

 lilyandloafinternational.com/products/lavender-essential-oil-10ml

Garden of Flora

Lavandula angustifolia

£ 9.99 GBP

7168

- Diffuse for a pleasant fragrance to uplift the mind and relax the body
- Massage after blending for joint and muscle discomfort, relaxation and balance
- Apply diluted to feet, or drop onto a pillow for a restful sleep. Add to bathwater for relaxation
- Blends well with Clary sage, Geranium, Orange & Frankincense
- Full 90-day money-back guarantee

A floral, refreshing fragrance with relaxing and uplifting effects. Fresh, sweet and slightly fruity aroma to uplift and relax mind and body.

Lavender essential oil is steam distilled from the lavender plant. In ancient Greece and Rome, lavender and its essential oils were used as a medicine, to make healthful teas, as perfumes, and for bathing and personal hygiene products.

For centuries lavender has been used for various ailments from minor cuts and bruises to chronic diseases. The sweet fragrance of lavender can uplift the mind whilst relaxing the body, making it ideal for balance and calm. In aromatherapy, it is often used to combat depression, stress, and fatigue. It is believed to be effective in easing symptoms associated with joint and muscle pains, and menstrual discomfort. Known to benefit restful sleep and relaxation.

Aromatic Description: Sweet, floral

Plant Part: Flowering tips

Source: France

Extraction method: Steam distillation

How to use essential oils

Massage – Both body and facial massage can benefit from the intoxicating aroma of essential oils. Always ensure that you add the essential oil to a carrier oil first, and never apply directly to your skin. A carrier oil, also known as base oil, is used to dilute essential oils before they are applied to the skin.

Bathing – There is no better way to unwind than in an essential oil bath, calming oils like Lavender and Clary Sage are especially relaxing. Add 5-10 drops in a bath and disperse vigorously before entering the bath.

Steam inhalation – This is a really good way of helping to relieve blocked sinuses or congestion. Eucalyptus is one of the most popular oils for this. Fill a large bowl with hot (not boiling water), add 3-4 drops of your chosen oil then lean over the bowl placing a towel over your head and slowly breathe in until you start to feel relief.

Diffusers – There are many diffusers available, one of the most popular being an ultrasonic diffuser which uses water to create a fine mist. These are a great way of enjoying oils throughout the day in your home or office space. Citrus oils are particularly uplifting. Ideally leave your diffuser on for up to an hour at a time, leaving it off for a similar amount of time.

Cautions

Possible skin sensitivity - may cause skin sensitising or irritation. External use only. Do not use undiluted on the skin. Avoid contact with eyes, ears, mucus membranes, and sensitive areas. If you are pregnant, nursing, or using prescription medication, consult your Doctor or qualified health care practitioner before using essential oils. Not recommended for use on children under 12 years. Store in a cool dry place, out of reach and sight of children. Do not ingest essential oils. Never use undiluted.

Why should I buy from Lily & Loaf?

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90-Day Money Back Guarantee

We deliver the very best quality and service to all our customers and every product we sell has a no quibble 90-day money back guarantee. If you are not completely satisfied with your purchase, you may return your unused product or empty container to us within 90 days for a full refund. What have you got to lose?

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Ingredients

Lavandula angustifolia

Aromatic Description: Sweet, floral

Plant Part: Flowering tips

Source: France

Extraction method: Steam distillation

Recommended Use

- Massage or topical use - Add 3-5 drops per 10ml of carrier oil
- Diffuser - Add 4-5 drops to cold water
- Inhalation - Add 2-3 drops to hot water
- Bathing - Add 5-10 drops to water or carrier oil, stir into bathwater

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