



# Lavender

## *Lavandula Angustifolia Essential Oil*

Lavender is known for all things calming. It is an oil many want to keep on hand at all times due to its calming and relaxing properties.

Size: 15ml

Size: 5ml

### APPLICATION METHODS:



Can be used topically



Can be used internally



Can be used aromatically

## Primary Benefits

Calming and soothing occasional skin irritations, burns, or bug bites, relieve arthritis, eczema, and abdominal pain, taken internally or diffused, Lavender can reduce feelings of anxiety and promote a good nights sleep, immediate relief from burns, promotes faster healing, promotes feelings of calm and relieves feelings of stress and tension.

## Directions for Use

**Diffusion:** Use three to four drops in a diffuser

**Internal use:** Dilute one drop in 4 fl. oz. of liquid

**Topical use:** Apply one to two drops to desired area. Dilute with Spark Naturals Carrier Oils to help with any skin sensitivity.

## Cautions

Keep out of reach of children. Possible skin sensitivity. If pregnant or nursing, please consult your physician before using. Always avoid contact with eyes.

## Aromatic Description

Powdery, fresh, light, floral

## Collection Method

Steam Distillation

## Plant Part

Flower

## Main Constituents

Linalool, linalyl acetate

## Description

Lavender is a calming and relaxing oil, which combats stress and crisis while also helping with cold, flu, and other ailments. It has been used and loved by many for its calming and soothing aroma. It is widely used for its relaxing qualities and is frequently used to reduce the appearance of skin imperfections. It is excellent for asthma and migraines, as well as supporting female health and skin. You can add Lavender to your bath to relieve stress as well as apply it to the bottoms of your feet, your temples, and back of your neck. Lavender is wonderful for promoting a restful nights sleep. Add a few drops onto your pillow or bedding.

## Uses

- Diffuse for allergies, dizziness, sleeplessness, headaches, and depression.
- Put a few drops on your pillow, bedding, bottoms of feet at bedtime to promote restful sleep
- Use a drop or two to soothe occasional skin irritations, including burns and bug bites
- Take internally to reduce feelings of anxiety
- Add to a base cream to relieve burns and help skin heal faster
- Freshen up your linen closet, car, bedroom, mattress, or the air by adding five to six drops of Lavender to a small spray bottle of water.
- Add to skin care regimen to relieve acne and bruises

## Properties

Analgesic, Antiseptic, Anti-inflammatory, Antibacterial, Antiparasitic, Anti-spasmodic, Emmenagogue, Decongestant, Antidepressant, Calmative, and Sedative.

*\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.*



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