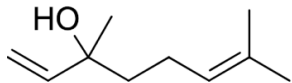


Lavender Essential Oil*

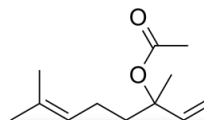
The fragrance and benefits we get from lavender are from the essential oil which is principally found in the flower. The amount of essential oil in the flower varies by lavender variety but ranges from 1-3% of the flower. Here is some additional information on the chemistry of lavender essential oil.

- 1) Essential Oil:** Essential oils are oils that are volatile (easy to vaporize) oils, are hydrophobic (repels water) and occur in plants. They are called 'essential' because they hold the essence of the plant. Most plants have dozens of chemical components which make up the totality of their particular essential oil. In lavender there can be over 150 different chemical components. These are chemicals that the plant produces.
- 2) The two principal components in lavender essential oil are linalyl acetate and linalool.** It is these two components (making up 60-70%) that most believe are responsible for the benefits attributed to lavender. Here are their chemical structures.

Linalool



Linalyl acetate



- 3) The rest of lavender essential oil is a complex mixture of phytochemicals (chemicals produced by plants) including camphor, cineole and borneol.**
- 4) The essential oil mixture can vary a lot depending on lavender variety.**
- 5) The most common way of obtaining lavender essential oil from the plant is via steam distillation. How this distillation step is done can add even more variation into what is in the essential oil that is obtained.**

- Wikipedia and
- Lavender, the genus of *Lavendula*, medicinal and aromatic plants-industrial profile, edited by Dr. Roland Hardman