

Lavender Essential Oil & Floral Water Research Paper

APPEARS IN



Lavandula Angustifolia (Lavender) Flower Oil is an essential oil used in cosmetics and aromatherapy which has been used worldwide for hundreds of years. It is one of four main categories of Lavender and is also known as English Lavender, or formerly Lavandula Officinalis. It can eliminate harmful bacteria, and help soothe the skin. Lavender Flower Oil and Floral Water are used to give products a pleasant aroma while using natural ingredients. In addition, Lavender Flower Oil has anti-inflammatory, antioxidant, and antimicrobial properties. Three Ships' [Nourish](#) and [Hydrate](#) contain Lavender Flower Oil, and [Calm](#) contains Lavender Floral Water.

LAVENDER FLOWER OIL HAS ANTI-INFLAMMATORY PROPERTIES

Three Ships sources Lavender Flower Oil from France and Bulgaria, and Lavender Floral Water from Canada. The main constituents of Lavender Flower Oil are linalool and linalyl acetate. Lavender is traditionally known for being antimicrobial, relaxing, improves sleep, and helps to heal burns and insect bites. It absorbs very quickly into the skin when applied topically.



To create Lavender Flower Oil and Floral Water, the lavender plant is collected, washed and dried. They are then soaked in a solvent and go through a process of steam distillation. Steam distillation is the separation process that uses two liquids that have different boiling points, and using heat to boil the liquid mixture in so that one liquid remains and the other liquid boils off into steam. The steam is then recaptured and condensed in a separate container, which holds the lavender essential oils. Lavender Floral Water is the secondary product to the essential oil after steam distillation and contains a mixture of essential oils, water, and other plant materials. Our Lavender Flower Oil supplier is Sedex Certified. Sedex works closely with businesses to ensure sustainable and ethical harvesting practices. The exact method of extraction of Lavender Flower Oil and Floral Water that Three Ships sources is proprietary information.

AN ANTIOXIDANT IS A SUBSTANCE THAT CAN NEUTRALIZE FREE RADICALS.

One of the key ways our bodies age is through oxidative stress, which is also known as free radical damage. Free radicals are substances or molecules that have an unpaired electron. These unpaired electrons like to be paired up and make free radicals so reactive because they want to pair with another electron to be “stable”. In its unpaired electron form, it is so unstable that it will take an electron from anything around it to become more stable. When a free radical takes an electron, the substance that loses the electron to the free radical becomes oxidized, thus called oxidative stress. The substance that lost its electron will then become a free radical and a chain reaction starts where the oxidation of molecules continuously occurs.

An antioxidant is a substance that can neutralize free radicals. They are stable substances, even with an unpaired electron. Therefore, once an antioxidant comes in contact with a free radical, the antioxidant will donate an electron to the free radical and make it stable, whilst preventing a chain reaction of new free radicals from forming. Our bodies naturally produce antioxidants such as Vitamin C, and E in our skin. Unfortunately, native antioxidants are not enough anymore to protect our skin from modern-day stressors like pollution, the sun, and smoking.

SCIENTIFIC STUDY

Antimicrobial activity of Lavender Oil

This study compared the antimicrobial properties of 52 plant oils and extracts including two types of lavender flower oil against a series of microbes including *Acinetobacter baumannii*, *Aeromonas sobria*, *Candida albicans*, *Enterococcus faecalis*, *Escherichia coli*, *Klebsiella pneumoniae*, *Pseudomonas aeruginosa*, *Salmonella typhimurium*, *Serratia marcescens*, and *Staphylococcus aureus*. This study utilized two methods of sample preparation which included agar dilution and microbroth dilution. The researchers found the minimum inhibitory concentration (MIC) of Tasmanian lavender to vary between the two methods, ranging between 0.25 %v/v to 1.0 %v/v for different microbes. Nonetheless, lavender was able to inhibit the growth of 8 out of 10 of the microbes at a MIC of 2.0 %v/v or less.

Lavender Flower Oil and Floral Water are made from the flowers of lavender plants. They have been used by many civilizations as homeopathic remedies. The Three Ships Hydrate Serum and Nourish Cleansing Oil are formulated with Lavender Flower Oil, and Calm Toner is formulated with Lavender Floral Water. The Lavender Flower Oil and Floral Water we use is GMO-Free, vegan, and made via the steam distillation method. The major components of lavender, linalool and linalyl acetate, have documented antioxidant and antimicrobial properties, in addition to lavender’s anecdotal and historical uses for soothing and relaxing.