

Lavender

100% ORGANIC + PURE
ESSENTIAL OIL

ORGANIC LAVENDER

Common Name: Lavender

Botanical Name: *Lavandula angustifolia*

Aroma: Floral, fresh, sweet, woody, herbal, and at times slightly fruity.

Aromatic Note: Middle - Top

Blends Well With: most oils, especially citrus, florals, cedarwood, clove, clary sage, pine & geranium.

Lavender is one of the most versatile, nourishing and all-around supportive essential oils. It is an anti-bacterial must-have for your first-aid kit. Its calming and sedative properties make Lavender Essential Oil a wonderful oil to help relax, fight stress and promote sleep. When properly diluted, it's amongst the safest of essential oils.

You can use Lavender for skin care, relaxation, respiratory support, and cleaning blends, especially when paired with Tea Tree. Lavender Essential Oil is well known for its sedative properties and for its ability to help calm stress and anxiety. If used in excess, however, Lavender Oil can act as a stimulant.

Lavender Essential Oil is a great oil to use for children's minor cuts and scrapes because it is anti-bacterial, calming and is considered safe enough to use with children. Although it's very soft and gentle, Lavender is also strong.

LAVENDER IS EXCELLENT FOR:

- Daily skin care - suitable for all skin types, known to help acne, sunburn, eczema and psoriasis
- Respiratory support, allergies and sinus congestion
- Soothing skin irritation and inflammation such as wounds, bruises, cuts, bites, stings, burns and scars
- Blends for children
- Natural cleaning blends
- Calming the nervous system for deep relaxation and sleep
- Emotional balance, reassurance, reducing stress and anxiety
- Muscular aches, pains, Athlete's Foot, cramps, colic, nausea, headaches, vertigo and earaches
- Helping to rid lice and clear infections



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To promote healing of the skin related to itching, abrasions, burns, wounds or other types of damage, add a drop of Lavender with carrier oil, and apply to the area of concern.



Add 2-3 drops to your moisturizer for calming inflamed skin, acne, dry skin, eczema and psoriasis.



For a baby teething massage oil, combine 2 tbsp of carrier oil and 3 drops of Lavender evenly into 1 oz bottle. Massage 2 drops of blend onto jawline and cheeks as needed (NOT inside mouth).



Add Lavender directly to your shampoo and conditioner for dry scalp, lice and dandruff.



Diffuse Lavender before bed to create a calm and tranquil environment.



Dilute 5 drops of Lavender with 1 tbsp of body wash, and pour under running water for a relaxing aromatic bath.



For a headache related to stress or tension, dilute a drop of Lavender with a carrier oil, and massage into the back of the neck.



Diffuse Lavender with almost any other essential oil. It diffuses beautifully with our Eureka Lemon essential oil.



Add 9 drops of Lavender to .5 oz carrier oil or lotion, shake well, and massage into achy muscles before bed.

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Safety Tips: Lavender is one of the safest and gentlest essential oils, however we recommend a dilution of 1-5% for topical application. Non-toxic, non-irritant, non-sensitizing

Source: "The Heart of Aromatherapy" by Andrea Bujte, founder of Aromahead Institute
Essential Oil Profiles- Lavender Essential Oil <https://www.aromaweb.com/essential-oils/lavender-oil.asp>
The Encyclopaedia of Essential Oils by Julia Lawless
The Aromatherapy Beauty Guide by Danielle Sade