



Lavender

Botanical Name: *Lavandula angustifolia*

The little greyish purple flower is known for its sweet floral aroma. Lavender is an aromatic perennial evergreen shrub. Its woody stems bear lavender or purple flowers from late spring to early autumn, although there are varieties with blossoms of white or pink. The use of lavender goes back thousands of years, with the first recorded uses being by Egyptians during the mummification process. Other uses of lavender include tea flavor, tinctures, and in baked goods. Cosmetically it has a multitude of uses and can be included in ointments for its beneficial properties.

Lavender has been thought for centuries to arouse passions as an aphrodisiac and is still one of the most recognized scents in the world.

We recommend that you consult with a qualified healthcare practitioner before using herbal products, particularly if you are pregnant, nursing, or on any medications. This information has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease. For educational purposes only.

This ingredient is sourced from Algeria, Liberia, Sudan and Tunisia.



**Now that you know more
about Lavender, you should
check out our blends
with Lavender.
The Lion Sleep Tonight**

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