



## Ice E Oil Essential Oil Data Sheet

### Lavender

Ice E Oil Pure Essential Oil

**LAVENDER, BULGARIAN**

*Lavendula angustifolia*

**ORIGIN**

Bulgaria

**PART OF EXTRACT**

Flower

**DISTILLATION METHOD**

Steam

**COLOR**

Pale Yellow to Yellow

**CONSISTENCY**

Thin

**NOTE - PERFUMERY**

Top - Middle

**INITIAL AROMA STRENGTH**

Medium

**AROMA DESCRIPTION**

Floral, Herbaceous, Spicy, Sweet,  
Woody

**AGE GUIDELINE**

3+ months

**SHELF LIFE**

4 years

**DILUTION GUIDELINES**

0.2% (1 - 2 drops per 1 oz carrier oil)

**USED FOR**

Acne Relief, Blood Pressure Reduction  
Support, Calming Support, Headache  
Relief and Recovery, Skin Health Support,  
Sleep Support, Stress Reduction Support

**BLENDS WELL WITH**

Bergamot, Geranium, Pink Grapefruit,  
California Lemon, Sweet Orange,  
Peppermint, Sandalwood, Tangerine,  
Ylang Ylang

**CAUTIONS**

No known hazards or special  
precautions.

AVOID DURING PREGNANCY & BREASTFEEDING

USE WITH CAUTION DURING PREGNANCY &  
BREASTFEEDING

SAFE TO USE DURING PREGNANCY &  
BREASTFEEDING

Y

SAFE FOR DOG USE (10+ WEEKS)

Y

NOT SAFE FOR THE FOLLOWING ANIMALS: BIRDS,  
CATS, FISH, AND REPTILES

Y

NOT intended to diagnose, treat, cure, and/or prevent any disease or medical disorder. For educational purposes only. NOT intended for internal use. If considering oral consumption seek out the advice of a qualified medical doctor and/or expert, certified aroma therapist. As with all natural supplements it is advised that you inform your medical doctor of the use of this and all essential oils. If going to apply directly to the skin (topical use) it is advised that you perform a small skin patch test to check for sensitivities and refer to suggested dilution guidelines using a carrier oil (ex: fractionated coconut oil, almond oil, jojoba oil, grape seed oil). Keep away from children and pets. This information has NOT been evaluated by Health Canada.

*Ice N Fire is dedicated to sourcing 100% pure and natural oils free of pesticides, synthetic fertilizers and herbicide residue.*