

Lavender

We at Meraki Essentials call Lavender the "Alignment Potion" as its prime function is balancing and normalizing body functions and emotions!

The oil of Lavender is a beautiful calming blend of fresh, floral and clean scent. Its properties sound too good to be true and it has a cure-all reputation lasting thousands of years.

Lavender has soothing, balancing, calming properties and is considered to be a tonic for nerves. It lifts the weight of depression and sadness from the soul, bringing an emotional balance to the psyche.

Balances Chakras, helps facilitating an environment of meditation, restores harmony in your aura, infuses creativity and inner peace

Diffusion may help in: Bringing calmness and clarity * Reducing anxiety, depression, insomnia * Reducing mood swings * Reducing aggression * Curbing Insomnia

Massage with Carrier Oil may help in: Preventing hair loss * Reducing split ends * Fighting acne * Relief from muscular aches and pain * Sprains, backache, and lumbago * Improving circulation

Steam inhalation is known to help in colds and flu by not only counteracting the viruses but also relieving symptoms

Additional: Few drops in laundry cycle gives fresh feel to the clothes * With lemongrass and peppermint oil and citronella oil, useful in repelling insects and bugs. * With patchouli oil, useful in repelling bugs in clothes * Diffusion or adding a drop or two in bath or to your pillow may help in curbing insomnia * A few drops rubbed into the temples relieve headaches



How to use Essential Oils?

It is important for a user of Essential Oils to acquire knowledge before using them so as to be able to use them safely and to get desired results. There is plethora of information available on each essential oil, its benefits, and usage, in books and on the internet.

Informed use of essential oils can derive immense benefits to mind, soul & body.

In general, essential oils are used as under:

- * Blend 20 - 30 drops of an essential oil with 50 ml of carrier oil & massage gently on skin and hair.
- * Add a few drops to bath water to reap benefits.
- * Use 4-5 drops of essential oil in water, diffuse & witness wonderful fragrances that bring delight to the mind & soul.

Be careful not to use higher quantities

Precautions: Avoid during pregnancy * Use sparingly * Do not use undiluted on skin * Patch test recommended before use * May cause allergy to sensitive persons in which case discontinue use immediately * Avoid contact with eyes & mouth * Essentials oils are flammable * Store in a cool & dry place, away from sunlight * Keep out of reach of children * Use within three months of opening the bottle * For external use only * Not for ingestion

www.merakiessentials.com

Be sure that you are buying high-quality pure essential oil.