



moon haven

LAVENDER

INFORMATION GUIDE

When anyone mentions essential oils most people think first of lavender oil. After all it is the most commonly used aromatic oil in the world.

Lavender has been found to be excellent for helping with soothing frayed nerves, calming the agitated mind and when applied to the skin it can act as an antibacterial and aid healing.

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VARIETIES

Did you know that there are well over 200 varieties of lavender and each has its own set of properties? For example if you want to relax, True Lavender (*lavendula angustifolia*) is for you, but if you are trying to treat a mosquito bite then Spike Lavender (*Lavendula latifolia*) is the one to go for.



LAVENDER OIL RESEARCH

Lavender is one of the most researched essential oils in the world today.

A review of the current research includes a 2008 study which found that lavender essential oil added to the bath water helped to calm not only newborns, but also their mothers.

Another study found that not only was lavender oil calming but also increased the blood flow to the heart in healthy men.

There are also several other studies which have proved the strong antibacterial, antifungal and antimicrobial action of lavender. (see references at the end of this fact sheet)

ESSENTIAL OIL PROFILE

Lavender Essential

Botanical Name: *Lavandula angustifolia*

Plant Part: Flower Head

Extraction Method: Steam Distilled

Origin: France

Description: An evergreen woody shrub, up to 1 meter tall, with pale green, narrow linear leaves and violet blue flowers.

Colour: Pale yellow with a tint of green

Common Uses: Lavender *angustifolia* is credited with being an analgesic, anticonvulsive, antidepressant, antiphlogistic, anti rheumatic, antiseptic, antispasmodic, antiviral, bactericide, carminative, cholagogue, cicatrisant, cordial, cytophylactic, decongestant, deodorant, and as a diuretic. Herbalist regards Lavender as the most useful and versatile essential oil for therapeutic purposes. Lavender is the essential oil most commonly associated with burns and healing of the skin. It also has antiseptic and analgesic properties which will ease the pain of a burn and prevent infection. It also has cytophylactic properties that promote rapid healing and help reduce scarring.

Consistency: Thin

Note: Top.

Aroma Strength: Strong

Blends well with: Bergamot, Chamomile, Citronella, Clary Sage, Rose Geranium, all Citrus, Patchouli, Pine, Thyme, Rosemary, Rosewood, Ylang Ylang

Aromatic Scent: Typical of the lavender flower



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USES, BLENDS & APPLICATIONS

RELAXING

Lavender oil is a great stress reliever. While it's not the best thing for sleep, it is brilliant for helping you to relax... As long as you remember to use only a small amount. You see the relaxing effects of lavender oil is dependent on the dose given. One drop applied either side to the hair near your temples will help to relax you...

While 5 drops will have you all pepped up and ready to party!

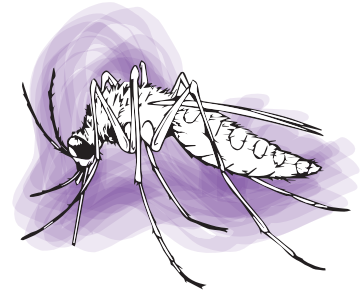
STRESS AWAY DIFFUSER BLEND

4 drops of Lavender Oil

2 drops of Spearmint Oil

1 drop of Lemon Oil

Place in oil burner or diffuser and use when needed.



TAKING THE ITCH AND INFLAMMATION FROM MOSQUITO BITES

Lavender (*lavendula angustifolia*) is a good anti inflammatory in its own right. Of course if you use spike lavender it will give you an even better result. It's brilliant for helping to bring down the inflammation from a mosquito bite. Just apply one drop only to each bite. Remember to wash your hands afterwards as you don't want this oil in your eyes.

CALMING

Lavender has lovely calming properties.

We often recommend the following blend for use in schools and aged care facilities. (It's particularly useful for helping calm dementia patients when they experience agitation and become unsettled. This phenomenon is often referred to as "sunseting" as it usually occurs late in the afternoon /early evening.)

CALMING DIFFUSER BLEND

3 drops Lavender Oil

3 drops Sweet Orange Oil

Diffuse in the late afternoon or when experiencing agitation



PET BED SPRAY

Lavender is great for deterring fleas, is kind on your animals and smells great too!

Here's a recipe for an effective pet spray

PET BED SPRAY

20 drops Lavender Oil

2 drops Patchouli Oil

20ml Vodka

Combine the recipe in a spray bottle. Fill to 100 ml mark with distilled water and shake to combine. Spray around pet beds and sleeping areas to quash odours and deter fleas.

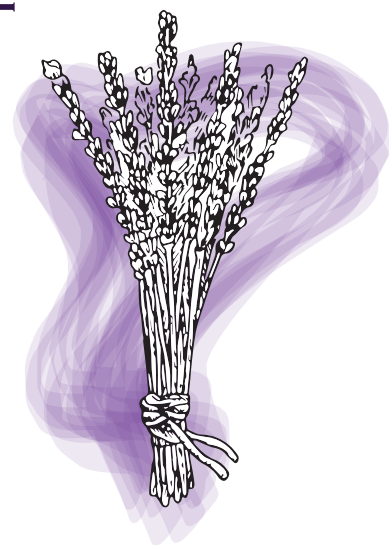
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GROWING, HARVESTING & USING THE LAVENDER PLANT

GROWING

The traditional plant, lavender angustifolia, pictured here, is the plant most used for medicinal and cooking purposes. (Think lavender scones, lavender honey etc) It has long woody stems with a flower head full of buds along the end. Lavender loves a well drained sandy soil - it does not like having wet roots. It's a set and forget type plant and really only needs attention when it comes to harvesting.



HARVESTING

The best time to harvest is when the flower heads have come into bud but the flowers are not open. To harvest get a pair of secateurs and holding a number of stems in your hand cut at the base of the plant. Well you can just take a few stems at a time it is often better for the plant to take all the flower-heads at the same time.

(Of course when I do this I always thank the plant for it's contribution... I just think it's the right thing to do) This allows the plant to get a good pruning and restart it's growing processes.

DRYING LAVENDER

There are several ways to dry lavender but I think the most effective in simplest way is to bundle 15 or 20 stems together and wrap a length of string around base of the stems.

Tie this off leaving a loop of string that you can use to hang the bunch of lavender upside down from a window, a hook on the wall or from a beam in the ceiling.

It really doesn't matter where the lavender is hung as long as it is dry, with a good airflow. It usually takes the lavender between 2 and 3 weeks to dry completely.

USES

The sprigs of dried lavender can be placed between sheets of greaseproof paper and used as liners in your drawers. I often use the dried flowers in pot pourri and flower arrangements. Separate the flower buds by gently rubbing the flower head between your palms. You can use these buds in your cooking. I love infusing the whole flowers and buds in honey. The infused honey goes well with scones and cream. Use the buds in scones and biscuits. And I've even seen a lavender cordial made from them.

REFERENCES: Early Hum Dev. 2008 Jun;84(6):399- 401. Epub 2007 Nov 28. Lavender bath oil reduces stress and crying and enhances sleep in very young infants. Field T, Field T, Cullen C, Largie S, Diego M, Schanberg S, Kuhn C. Touch Research Institute, University of Miami Miller. Int J Cardiol. 2008 Sep 26;129(2):193- 7. Epub 2007 Aug 8. Relaxation effects of lavender aromatherapy improve coronary flow velocity reserve in healthy men evaluated by transthoracic Doppler echocardiography. Shiina Y, Funabashi N, Lee K, Toyoda T, et al., Chiba University Graduate School of Medicine, 1-8-1 Inohana, Chuo-ku, Chiba City, Chiba 260-8670, Japan.

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