



Essential Oil Facts & Uses



Lavender

Botanical Name	Lavandula angustifolia	
Botanical Family	Lamiaceae	
Place of origin	Bulgaria	
Method of Extraction	Steam distillation	
Source	Flower	
Note	Middle to top	
Blends well with	Bergamot, chamomile, clary sage, eucalyptus, geranium, jasmine, lemon, lemongrass, palmarosa, patchouli, rose, rosemary	
Chemical Components	33.5% linalyl acetate 32.3% linalool 4.1% 1,8-cineole 2.6% beta farnesene 1.5% beta caryophyllene 1.4% terpinen-4-ol 1.3% lavandulol 1.2% lavendulyl acetate	1.2% borneol + alpha terpineol 1.0% cis ocimene 1.0% alpha pinene + camphene + beta pinene 0.6% camphor 0.6% trans ocimene 0.2% limonene
Chemical effects	<ul style="list-style-type: none"> • Antiseptic • Antiviral • Antibacterial • Antispasmodic • Relaxing • Hypotensive • Analgesic • Insecticidal • Sedative • Antidepressant 	
Uses	<ul style="list-style-type: none"> • Muscle aches and pain • Headaches • Anxiety • Depression • Stress • Insomnia • Skin care • Burns, acne, eczema, psoriasis • PMS and cramps • High blood pressure 	

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	<ul style="list-style-type: none">• Insect repellent
Safety	<ul style="list-style-type: none">• For external use only, DO NOT use internally• DO NOT use during pregnancy.

USES

Mood

Lavender has a calming effect on the nervous system. It relieves tension, panic and nervousness. It can uplift a depressed mood.

Muscular Pain

Lavender acts as a natural pain reliever. Synergistic properties of combining lavender and eucalyptus are particularly effective at soothing sore muscles. It is effective for treating headaches, PMS, cramps, muscular aches and pains.

Headaches

Lavender's pain-relieving properties make it an effective treatment for headaches, particularly when combined with peppermint essential oil.

Application:

1. Add 5 of lavender and 5 drops of peppermint essential oil to a nasal inhaler. Open inhaler and inhale 1-3 deep breaths. Use as needed.
2. Use Headache Relief roll-on (see recipe). Roll on temple at the onset of a headache.

Skin

Lavender calms inflamed skin such as acne, sunburns, insect bites, stings. It is one of the few essential oils that can be applied directly to the skin (undiluted) but caution must still be used.

Application:

1. Enjoy a lavender facial steam (see recipe below).

Insect Repellent

Despite its pleasant smell, many insects are averse to lavender's scent. See below for insect repellent recipes. Please note that not all recipes are suitable for children. Only use those marked as "Kid Safe" for children. Insect repellents should be shaken before each use. Avoid contact with face, particularly eyes and mouth.

Sleep

Lavender is shown to promote a restful sleep.

Application:

1. Add one drop of lavender essential oil to your pillow before going to bed.
2. Diffuse 3-5 drops of lavender essential oil on your night stand using an essential oil diffuser.
3. Soak in lavender bath salts (see recipe below) before bed.

RECIPES

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Lavender and Eucalyptus Bath Salts

Ingredients:

- 1 cup Epsom salts
- ¼ cup baking soda
- 10 drops of eucalyptus essential oil
- 10 drops lavender essential oil

Directions:

1. Place Epsom salts in clean mixing bowl.
2. Add baking soda to the salts and mix well.
3. Add essential oils and mix well.
4. Store in a clean glass jar.
5. Dissolve approximately ¼- ½ cup of the salt in a warm bath (ensure complete dissolution).

Headache Relief Roll-on

Ingredients:

1. 1 roller bottle (10ml)
2. 6-7 drops of lavender essential oil
3. 3 drops of peppermint essential oil
4. 10ml of carrier oil of choice (jojoba, grapeseed, fractionated coconut oil etc).

Directions:

1. Fill roller bottle with carrier oil.
2. Add 6-7 drops of lavender and 3 drops of peppermint.
3. Roll blend on temples at onset of headache.

Lavender Massage Oil

Ingredients:

1. 15ml of carrier oil of choice (jojoba, grapeseed, fractionated coconut oil etc)
2. 9 drops of lavender essential oil

Directions:

1. Blend carrier oil and essential oils together.
2. Massage on affected areas.

Insect Repellent

Ingredients:

1. 1 aluminum spray bottle (125ml)
2. 2oz distilled water
3. 2oz witch hazel
4. 10 drops lavender essential oil
5. 10 drops lemongrass essential oil
6. 10 drops geranium essential oil
7. 10 drops citronella essential oil

Directions:

1. Fill spray bottle with all ingredients.
2. Spray on as needed. Shake before each use. Keep away from eyes and mouth. Not to be used on children.

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Insect Repellant – Kid Safe

Ingredients:

1. 1 aluminum spray bottle (125ml)
2. 2oz distilled water
3. 2oz witch hazel
4. 10 drops lavender essential oil
5. 5 drops citronella essential oil

Directions:

1. Fill spray bottle with all ingredients.
2. Spray on as needed. For children under 2 years old, do not spray directly on skin - spray on clothes. Shake before each use. Avoid spraying on face.

Lavender Facial Steam

Ingredients:

1. 1 cup boiling water
2. 10 drops of lavender essential oil

Directions:

1. Boil water and let cool slightly.
2. Place hot water in a bowl.
3. Add lavender essential oil to water.
4. Place towel over head and lean over bowl for 10 minutes. Keep eyes closed.