



## LAVENDER Essential Oil (Bulgarian)



**Botanical Name:** *Lavandula angustifolia*

**Main Constituents:**

Linalool: 28.47%

Linalyl acetate: 31.99%

Camphor: 0.24%

**Plant Part:** Flowers

**Origin:** Bulgaria

**Processing Method:** Steam Distillation

**Child Safe:** yes

**Description / Color / Consistency:** A thin, clear, colourless to pale yellow liquid.

**Aromatic Summary / Note / Strength of Aroma:** A top note of strong aroma, Lavender Bulgarian has a rich floral scent that is somewhat fruitier, mellower and less camphoraceous than Lavender 40/42, and smells more like fresh lavender.

**Product Abstract:** The Lavender plant is a woody evergreen shrub, up to 1 meter tall, with pale green, narrow linear leaves and violet blue flowers. The entire plant is covered with oil glands, which are in the star shaped hairs that cover the plant. Lavender has been used since ancient times, and the Romans added lavender to their bath water, hence the name from the Latin lavare, 'to wash'. Differences in soil, altitude and temperature, precipitation and seasons contribute to subtle changes in the scent from one lot of Lavender to another.

Lavender Essential Oil is well known for its sedative properties and for its ability to help calm stress and anxiety and to help promote sleep. If used in excess, however, Lavender Oil can actually act as a stimulant.

### Lavender Oil Varieties

**Lavender 40/42 (Standardized)** – This essential oil is the most common choice for applications in glycerin soap, candles, perfume, and cosmetics. The “40/42” refers to the balance of Linalool and Linalyl acetate esters, which is what gives it such a consistent floral scent but also means it is standardized. For this reason, some aromatherapists regard this oil as something that is not considered 'therapeutic grade' or "pure grade" since it does not come directly from the plant in this form. Instead this oil is standardized in a lab to ensure consistency in smell. It also has a balsamic woody undertone with a floral, herbaceous fresh scent.



**Lavender Bulgarian** – This is the choice of most aromatherapists. Especially if you're looking for a rich lavender floral scent that is a little fruitier and mellower than the 40/42, and with less of a camphoraceous smell. This one smells more like fresh lavender and is considered the "cream of the crop" when it comes to lavender.

**Lavender French** – A simple, sweet, floral note that has been a very popular choice.

**Lavender Population** – This sweet, green scent offers a lot of therapeutic properties.

**Lavender South African (Cape Lavender)** – This oil is actually a hybrid of lavender commonly referred to as Lavandin. If you're looking for a fresh, sweet, floral-herbaceous odor, this is a good choice. It also has a touch of the African veldt.

**Lavender Spanish** – This essential oil has a fresh, floral herbaceous odor.

### Using Lavender Oil

The largest producer of lavender oil is currently Bulgaria, but there are many other sources around the world and each region produces a product with slightly different characteristics and aromas. This is why we offer so many different types of lavender on our site.

### Understanding the Benefits

Lavender essential oil can be used by adding a few drops to the bath, mixing it into lotion or massage products, or applying it directly to the scalp or massaging in a carrier into the joints. It can also mix well with many other oils, from pine and sage to cedarwood and nutmeg.

-Many companies around the USA that sell soap making supplies also sell this aromatherapy essential oil because it is widely used in soap production. This oil is known by aroma therapist's worldwide as one of the most useful of all essential oils.

-As a vapor, lavender oil can be mixed with vegetable glycerin to and diffused in a diffuser. Just add it to a vaporizer with your water and sit in an enclosed area. It can also be sprayed in a shower/sauna for a similar effect. You can even add a few drops to a bowl of hot water and breathe in the fumes.

-Even with all the benefits many insects don't find Lavender Essential Oil appealing. This is why today many of the all natural as well as conventional insect repellents on the market contain Lavender as one of the ingredients.



**Caution:** It should not be used directly in pregnant women or women who are currently breastfeeding.



**\*\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.**

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