

LAVENDER



About Lavender

Lavender has been used and cherished for centuries for its unmistakable aroma and myriad benefits. In ancient times, the Egyptians and Romans used lavender for bathing, relaxation, cooking, and as a perfume. Its calming and relaxing qualities, when taken internally, continue to be lavender's most notable attributes. Applied topically, lavender is frequently used to reduce the appearance of skin imperfections. Add to bath water to soak away stress or apply to the temple and the back of the neck. Add a few drops of lavender to pillows, bedding, or bottoms of feet to relax and prepare for a restful night's sleep. Due to lavender's versatile properties, it is considered the must have oil to have on hand at all times.

Primary Benefits

- Soothes occasional skin irritations
- Taken internally, lavender reduces anxious feelings and promotes peaceful sleep*
- Relaxing aroma

Uses

- Add a few drops of lavender to pillows, bedding, or bottoms of feet at bedtime.
- Keep a bottle of lavender on hand to soothe occasional skin irritations.
- Freshen your linen closet, mattress, car, or the air by combining lavender with water in a spray bottle.
- Take internally to help reduce anxious feelings
- Use in cooking to soften citrus flavors and add a flavor to marinades, baked goods, and desserts.

Directions For Use

Diffusion: Use three to four drops in the diffuser of choice

Internal use: dilute one drop in 4fl. Oz. of liquid.

Topical use: Apply one to two drops to desired area. Dilute with a carrier oil to minimize and skin sensitivity