

Lavender Essential Oil



Product Summary

Lavender essential oil is known as the most popular and versatile essential oil. It is steam distilled from *Lavandula angustifolia*, a perennial, busy shrub with a flowery top. The many properties of lavender essential oil contribute to a vast range of usage. It is highly regarded as an antiseptic, anti-inflammatory, for skin care, or as a lovely fragrance.

Product Story

Traditionally used to treat burns, lavender is one of history's most celebrated and versatile essential oils. In ancient Greece, Pedanius Dioscorides, a physician, pharmacologist, and botanist, extolled the medicinal qualities of lavender. Greeks also used lavender as a perfume. The Romans used lavender in their baths for washing, for its healing and antiseptic qualities, and to deter insects. The Egyptians used lavender as an ingredient in incense and perfume. Queen Elizabeth I used lavender as a tea to treat her frequent migraines.

Following a laboratory explosion that severely burned his arm, a French scientist named Rene Gattefosse was the first modern scientist to document lavender's ability to promote tissue regeneration.

Today, we use lavender as a tea, to dress wounds, to induce sleep, ease depression, and reduce stress. Lavender oil is one of the safest essential oils and can be used in full strength on the skin. The benefits of lavender essential oil are limitless. As we continue to study lavender, additional usage and efficacy is identified.

Primary Benefits

Lavender essential oil:

- + Balances and normalizes body functions*
- + Promotes tissue regeneration*
- + Speeds up wound healing*
- + Cleanses cuts, bruises and, skin irritations*
- + Soothes and relaxes the mind and body
- + Eases bodily aches and pains

How To Use

Diffuse or inhale directly for aromatherapy. Apply topically to skin irritations, cuts, or wherever desired. Add to food or rice milk as a dietary supplement.

Usage Tips

- + Inhale lavender essential oil to soothe and relax the body and mind.
- + Make an herbal tea by mixing 2 drops of lavender essential oil with 1 teaspoon of blue agave syrup and adding to warm water.
- + Add 4–5 drops of lavender essential oil to a bath gel base and use in warm bath for relaxation.
- + Drop 1–2 drops of lavender essential oil on your pillow to aid in a restful night of sleep.
- + Massage several drops of lavender essential oil on feet to promote relaxation.

Lavender Essential Oil

Did You Know

- + A study at the Chiba University Graduate School of Medicine in Japan found that, “Lavender aromatherapy reduced serum cortisol and improved CFVR in healthy men. These findings suggest that lavender aromatherapy has relaxation effects and may have beneficial acute effects on coronary circulation”.
- + Young Living grows its own lavender at farms in Utah, Idaho, France, and Ecuador.
- + Shakespeare grew lavender in his garden and spoke of it in his writings, including a recipe for a lavender tea in *The Winter’s Tale*.

Key Ingredients

Lavender essential oil, *Lavandula angustifolia*, is used in the traditional medicine of many cultures as a calmative. Studies have shown that the fragrance of lavender is calming and balancing. Considered the most versatile of the essential oils, lavender can be applied topically or used for aromatherapy to contribute to overall relaxation.

Caution

Keep out of reach of children. If pregnant, nursing, taking medication, or have a medical condition, consult with a healthcare practitioner prior to use. Keep away from eyes and mucus membranes; avoid using on or near sensitive skin.

Complementary Products

Essential Oils: Roman chamomile, geranium, citrus oils, Young Living Bath Gel Base

Frequently Asked Questions

Q What is the difference between lavender and lavandin?

A *Lavandin is a hybrid plant developed by crossing true lavender with spike lavender (Lavandula latifolia). Lavandin is most commonly used to sterilize animal cages throughout Europe. Lavandin has similar calming effects as lavender but is slightly harsher.*

Q Is lavender essential oil safe for children?

A *Lavender is generally safe for children. It has traditionally been used to calm small children and babies. However, you should always consult with your child’s healthcare practitioner prior to use.*

Evelyn Vincent
Independent Distributor #476766
Aromatherapy - First Aid - Green Living - Supplements - Diffusing

email: TheVeryEssence@mac.com
Website: <http://TheVeryEssence.com>
Essential Oil Blog: <http://TheVeryEssenceBlog.com>