

LAVENDER ESSENTIAL OIL

English Lavender (*Lavandula angustifolia*) is an aromatic shrub that is actually native to areas in the western Mediterranean region. It grows to about 1 to 2 metres and produces purple/pink coloured flowers. The essential oil is extracted from the fresh flowering tops of the plant using steam distillation. Lavender essential oil has a soothing and calming effect and is useful for revitalizing all types of skin.

Botanical Name	<i>Lavandula angustifolia</i>
Plant Part	Fresh flowering tops
Actions	Warming, balancing, calming, comforting, relaxing,
May Help	Stress, depression, insomnia, tension, migraine, PMS, painful menstruation, panic, shock
Fragrance Note	Middle
Blends with	Citrus oils, Clary Sage, Lavender, Rose, Rosewood, Sandalwood

Suggestions for use:

PEACEFUL SLEEP BLEND	
Lavender	5
Orange	5
In Vaporiser	

LET IT GO BLEND	
Lavender	4
Bergamot	4
Ylang Ylang	2
Vaporiser or in 20mL carrier oil	

*Quantity shown refers to number of drops of essential oils

Cautions

Keep out of reach of children. If you are pregnant or nursing consult your doctor for advice before using any essential oils.

This product and information is not intended to diagnose, treat, cure, or prevent any disease.

