

Lavender

Related Products

- Chamomile, German ORG
- Chamomile, Roman ORG
- Eucalyptus, lemon
- Lavender Hydrosol
- Vetivert
- Rice Bran Oil

General Properties

- analgesic
- anti-anxiety
- antibacterial
- antifungal
- anti-inflammatory
- antiseptic
- balancing
- calming
- decongestant

Description

Lavender is a plant from which the flowers, leaves and stems are steam distilled. This multi purpose oil's active constituents include the ethers on linalyl and geranyl, geraniol, linalol, cineol and coumarin. Some of its countries of origin are England, France and the Mediterranean.

Lavender has the wonderful ability to help restore balance to unbalanced states, within the mind or the body. Once balance has been achieved, proper healing can then occur. The analgesic, antiseptic and antibiotic properties of lavender make it great when treating colds, the flu and coughs with the best way of using it for these conditions being inhalation through steam. The steam is a great anti-viral treatment alone, but when combined with the lavender you get soothing, decongesting, and destruction of bacteria, which may be responsible for further infections. It is also a wonderful sedative, making it great for use before bedtime, as this **will help aid in sleep**. When massaged into the temples, lavender may help to **relieve headaches**. For muscular pain, this oil is excellent, especially blended with Rosemary or Marjoram, as the properties of Lavender improve when mixed with another oil (it also improves the properties of the oil its mixed with!). During labour, Lavender will both reduce pain and strengthen contractions (best massaged into the lower back), helping to speed labour. For skin conditions and general care, Lavender is an excellent oil. For treating acne, it is one of the most useful oils, as it inhibits the growth of bacteria which cause the infection,

while working to heal the damage that has already been done. Some essential oils work well to help stimulate the growth of healthy cells (Lavender, Neroli and Tea tree), so using any of these oils in a regular skincare regime would be conducive to great skin! As an insect repellent, it will help protect clothes, sheets and towels (soak a cotton ball and place in your linen cupboard), as well as your skin when applied in a spray or body lotion. If you should forget to use something before you go outside and manage to get bitten, **Lavender will help take the sting out of the bite**, help to stop it from becoming infected, and work to help it heal faster. One of the few oils that may be used on the skin neat, no home should be without one!

Blends well with Bergamot, Clove, Rosemary, Eucalyptus, Patchouli, Clary sage, Rose and Jasmine.

Specific Cautions

Avoid in the first trimester of pregnancy.

References

Information about this essential oil came from the following sources:

1. Worwood, Valerie Ann. *The Fragrant Pharmacy*. (Toronto: Bantam Books, 1990)
2. Davis, Patricia. *Aromatherapy: An A-Z*. (United Kingdom: Saffron Walden, 1988)
3. Tisserand, Robert and Tony Balacs. *Essential Oil Safety*. Edinburgh: Churchill Livingstone, 1995)

Note and Disclaimer

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