

AUST L 370657
AU SKU: 60218047



dōTERRA® LAVENDER

Lavandula angustifolia herb top flowering oil essential 1 mL/mL

Powdery, floral, light

Aromatic description

Versatile and therapeutic, the peaceful, floral aroma of lavender is a must-have in your wellness regime. From easing stress to helping relieve headaches, lavender oil is a cherished remedy that has a rich history of health and wellness benefits.

The light and relaxing aroma of lavender oil has a myriad of benefits. It is most well known for its helping relax the mind, calm nervous tension and relieve sleeplessness. Lavender may also help relieve mild pain, reduce headache duration and ease digestive discomfort.

PRIMARY BENEFITS

TRADITIONALLY USED IN AROMATHERAPY TO:

- Reduce symptoms of stress
- Relieve symptoms of mild eczema/dermatitis
- Soothe mild skin burn/sunburns
- Relieve symptoms of acne
- Enhance energy levels
- Relieve pain
- Relieve mild joint aches and pains
- Relieve colic
- Decrease abdominal spasm
- Antispasmodic
- Helps decrease mild muscle spasms
- Helps relieve symptoms of muscle sprain
- Promotes mind relaxation
- Helps reduce occurrence of symptoms of mild anxiety
- Relieve restless sleep

TRADITIONALLY USED IN WESTERN HERBAL MEDICINE TO:

- Relieve sleeplessness
- Relieve nervous tension/unrest
- Relieve headache symptoms
- Relax the nervous system
- Support the nervous system
- Relieve sleeplessness

PRODUCT DESCRIPTION

Lavender has been used and cherished for centuries for its unmistakable aroma and myriad of benefits. In ancient times, the Egyptians and Romans used Lavender for bathing, relaxation, cooking and as a perfume.

It's aromatic properties have been used in cooking. Its calming and relaxing qualities continue to be Lavender's most notable attributes.

Applied topically, Lavender essential oil is frequently used to reduce the appearance of skin imperfections. Due to Lavender's versatile properties, it is considered the must-have essential oil to have on hand at all times.

DIRECTIONS FOR USE

DIFFUSION: Use three to eight drops in the diffuser of choice.

FOOD FLAVOUR USE: Add one or two drops to food.

TOPICAL USE: Apply one to two drops to desired area. Dilute with a carrier oil to minimise any skin sensitivity.

See additional precautions below.

CAUTIONS

KEEP OUT OF REACH OF CHILDREN.
Possible skin sensitivity. If you are pregnant, nursing or under a doctor's care consult your physician. Avoid contact with eyes, inner ears and sensitive areas.

PLANT PART: Flower/Leaf

EXTRACTION METHOD:

Steam distillation

MAIN CHEMICAL COMPONENTS:

Linalool, linalyl acetate

TIPS FOR USE

Keep a bottle of Lavender essential oil on hand to soothe skin.

Freshen your linen closet or room by diffusing three or four drops.

Use in cooking to soften citrus flavours and add a flavourful twist to marinades, baked goods and desserts

Add a few drops of Lavender essential oil to pillows, bedding or bottoms of feet to relax and prepare for a restful night's sleep.

Add to bath water to soak away stress or apply to the temples and the back of the neck.



Certified Pure Tested Grade

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ALWAYS READ THE LABEL AND FOLLOW THE DIRECTIONS FOR USE.

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dōTERRA[®] aromatouch **TECHNIQUE[®]**

dōTERRA[®] LAVENDER

Lavandula angustifolia herb top flowering oil essential 1 mL/mL

"When combining different essential oils because of their different benefits, I looked deeply into the chemistry of each and the benefits I was looking for. Although Lavender and Melaleuca both contain alcohols in their chemical profile, their smell and dominant benefits differ greatly. With this in mind, I chose to use Lavender for its calming properties, to complete the relaxation process in the AromaTouch Technique, and to complement dōTERRA Balance[®], which is used to create the initial connection between the giver and receiver." – Dr. Hill



Oil introduction

x3



Alternating
Palm Slide

x3



Five-Zone Activation

x5



Auricular Stress
Reduction

x3

AROMATOUCH TECHNIQUE[®] RESOURCES

AromaTouch Technique Certification Course

By purchasing this kit, you received access to the AromaTouch training course via email. Check the email address associated with your dōTERRA account for a unique access code to begin the training.

Follow Along

Performing the AromaTouch Technique independently takes time and practice. Scan this QR code to watch a video and follow along as you learn to comfortably perform the technique. The video features soothing background music, making it the perfect addition to an AromaTouch experience.



Scan this QR code
to access the video!



Discover the power of essential oils with the AromaTouch Technique and certification course.

Scan this QR code for
more information

AromaTouch Technique eBook

This eBook provides additional information on the essential oils and blends used in the AromaTouch Technique, as well as business strategies to help you share the technique and dōTERRA[®] products. The AromaTouch Technique isn't just the act of applying essential oils for another person. It's a gift from you to a loved one. It creates a connection beyond the physical. The last section of this eBook has space for you to document and reflect on your experiences as you perform the AromaTouch Technique for family and friends.

Refill Kit

Need a refill? We have an AromaTouch[®] Refill Kit available for you. It includes all eight essential oils used in the AromaTouch Technique. Add it to your loyalty order so you never run out!

See individual labels for ingredients, cautions, and instructions for use.



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