PRODUCT DESCRIPTION

Lavender is known for its unmistakable aroma and its ability to create a calm and soothing environment. In ancient times, the Egyptians and Romans used Lavender for mummification, bathing, relaxation, cooking, and as a perfume. Inhaling Lavender promotes relaxation, making it an ideal oil to diffuse at bedtime.

USES

• Add a few drops of Lavender to pillows, bedding, or bottoms of feet at bedtime.
• Use in cooking to soften citrus flavors and add a flavorful twist to marinades, baked goods, and desserts.

DIRECTIONS FOR USE

Diffusion: Use three to four drops in the diffuser of your choice.
Internal use: Dilute one drop in 4 fl. oz. of liquid.
Topical use: Apply one to two drops to desired area. Dilute with dōTERRA Fractionated Coconut Oil to minimize any skin sensitivity. See additional precautions below.

CAUTIONS

Possible skin sensitivity. Keep out of reach of children. If you are pregnant, nursing, or under a doctor’s care, consult your physician. Avoid contact with eyes, inner ears, and sensitive areas.

PRIMARY BENEFITS

• Widely used for its calming and relaxing qualities.
• Eases muscle tension.

Lavender
Lavandula angustifolia 15 mL

Part Number: 30111813
Wholesale: $22.26
Retail: $29.68
PV: 22.26