

# Lavender

*Lavandula angustifolia* 15 mL

# dōTERRA™

PRODUCT INFORMATION PAGE



Application:



**Plant Part:** Flower

**Extraction Method:** Steam distillation

**Aromatic Description:** Powdery, floral, light

**Main Chemical Components:** Linalool, linalyl acetate

## 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



## 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.