

# Lavender

*Lavandula angustifolia* 15 mL

dōTERRA®

Product Information Page



CPTG Certified Pure Tested Grade®

**Application:** A T I N

**Plant Part:** Flower

**Extraction Method:** Steam distillation

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

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

**Lavender** | *Lavandula angustifolia* 15 mL

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## Primary Benefits

- + Offers a soothing aroma
- + Promotes mental relaxation and supports restful sleep when taken internally\*
- + Calms occasional skin discomfort

## Product Description

For centuries, lavender has captivated hearts with its unmistakable aroma and many benefits. The ancient Egyptians and Romans were the first to embrace its versatility, using it for bathing, cooking and as a perfume. Today, CPTG® Lavender is renowned for its ability to instill calm and tranquility when ingested.\* When applied to the skin, Lavender is a go-to for reducing the appearance of skin imperfections. To experience its soothing aroma, mix Lavender into bathwater or apply to temples and back of the neck. In the evening, incorporate a few drops of Lavender to pillows, bedding, and the soles of the feet. Remarkably useful, with a universally appealing gentle aroma, having Lavender essential oil on hand is a simple and natural way to support your well-being.

## Uses

- + Apply a few drops to pillows, bedding, or the soles of feet before bedtime.
- + Keep a bottle nearby to calm skin discomfort.
- + Mix with water in a spray container and mist inside closets, on linens, or in various areas to create a delightful, refreshing atmosphere.
- + Consume internally to promote mental tranquility and relaxation.\*
- + Incorporate into cooking for a flavorful addition to marinades, baked dishes, and desserts.

## Directions

**Aromatic use:** Use 3–4 drops in the diffuser of choice.

**Internal use:** Dilute 1 drop in 4 fluid ounces of liquid.

**Topical use:** Apply 1–2 drops to desired area. Dilute with a carrier 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.

### Application Methods

A Aromatic T Topical I Internal H Home Care

### Skin Sensitivity

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\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.