

Lavender

Essential Oil Supplement 5 mL

dōTERRA®

Product Information Page (UAE)



Application: I

Ingredients: Lavandula Angustifolia (Lavender) Oil

Aromatic Description: Powdery, floral, light

Lavender | Essential Oil Supplement 5 mL

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Primary Benefits

- + Promotes antioxidant levels.
- + Helps protect against oxidative stress in cells and tissues.

Description

With its distinct aroma and countless applications, Lavender has become one of the most popular essential oils. In ancient times, the Egyptians and Romans used Lavender for bathing, relaxation, cooking, and as a perfume.

Its calming and relaxing qualities as it helps improve the mood, when taken internally, continue to be Lavender's most notable attributes.

Its versatile benefits make Lavender an oil to have on-hand everywhere you go.

Uses

- + Use in cooking to soften citrus flavours and add a flavourful twist to marinades, baked goods, and desserts.
- + Dilute one to two drops in a beverage for a refreshing twist.
- + Helps ease feelings of tension when used internally.

Directions

Internal: Dilute one drop in 120 mL of liquid. Take it once a day

Cautions

Only use diluted. Take no more than one drop per day. Keep out of reach of children. If pregnant or under a doctor's care, consult your physician. Avoid contact with sensitive areas.