

Lavender

Lavandula angustifolia 15 mL

dōTERRA® | CANADA

PRODUCT INFORMATION PAGE



CPTG Certified Pure Tested Grade®

Application: A T I N

Plant Part: Herb top flowering

Extraction Method: Steam distillation

Aromatic Description: Powdery, floral, light

Main Chemical Components: Linalool, linalyl acetate

Lavender

Lavandula angustifolia 15 mL

Part Number: 30111813

Wholesale: \$29.50 CAD

Retail: \$39.33 CAD

PV: 24.50



PRODUCT DESCRIPTION

The floral, airy scent of Lavender essential oil can produce calming, soothing benefits. In ancient times, the Egyptians and Romans used Lavender for bathing, relaxation, cooking, and as a perfume. Add to bath water to promote feelings of harmony, or apply to the temples and the back of the neck. Add a few drops of Lavender to pillows, bedding, or bottoms of feet to create a relaxing environment for a restful nights sleep. Due to Lavender's versatile properties, it is considered the must-have oil to have on hand at all times

USES

Cosmetic

- Apply one drop to moisturizer to soothe dry skin.
- Add to shampoo to help keep hair looking thick and healthy.
- Combine with Fractionated Coconut Oil and apply for a cooling effect.
- Apply to bottom of feet before bedtime for a relaxing scent that promotes a peaceful sleep.

Food

- Combine with Lemon and honey in warm water for a relaxing tea.

Household

- Diffuse Lavender before bedtime for a relaxing aroma.
- Freshen linen closet, mattress, or air with a light mist of Lavender combined with water in a spray bottle.

DIRECTIONS FOR USE

Diffusion: Use three to four drops in the diffuser of choice.

Internal use: Dilute one drop in 120 mL of liquid.

Topical use: When used topically, dilute 1 drop with 5-10 drops of carrier oil to minimize skin sensitivity.

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.