

# 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 Composition:** Linalool, linalyl acetate

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

**30111813**

## Primary Benefits

- + Has a peaceful, calming aroma
- + Soothes and moisturizes dry skin
- + Helps keep hair looking thick and healthy
- + Promotes a restful environment

## Description

Lavender has been cherished for centuries for its unmistakable floral aroma and myriad benefits. Today, Lavender essential oil is considered a true essential due to its versatility. Experience the incredible properties of Lavender oil through diffusion, topical application, home cooking, and so much more.

Lavender essential oil is renowned for both its calming scent and ability to soothe and comfort the skin. Its relaxing aroma promotes a peaceful environment and can effectively freshen any space. Add it to bathwater to help soak away the cares of the day or apply it to your temples and the back of your neck for a soothing sensation. Diffuse Lavender oil nightly, or add a few drops to pillows, bedding, or the bottoms of your feet to prepare for a restful night's sleep.

## Uses

- + Add a few drops to pillows, bedding, or the bottoms of the feet at bedtime.
- + Apply topically to soothe skin on contact or combine with a daily moisturizer.
- + Freshen your linen closet, mattress, car, or the air by combining a few drops with water in a spray bottle.
- + Use Lavender oil while cooking to soften citrus flavors and add a flavorful twist to marinades, baked goods, and desserts.

## Directions

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

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

**Topical use:** Apply one to two drops to desired area. Dilute with a carrier oil to minimize any 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.