Lavender
*Lavandula angustifolia* 15 mL

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 night’s 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.

**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

**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.