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.