

# Lavender

*Lavandula angustifolia* 5 ml

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Product Information Page



**Application:** A I S

**Plant Part:** Flower/Leaf

**Extraction Method:** Steam distillation

**Aromatic Description:** Powdery, floral, light

**Main Chemical Components:** Linalool, Linalyl acetate, Ocimene

**Lavender** | *Lavandula angustifolia* 5 ml

**SKU:** 60219322

## Primary Benefits

- + Promotes peaceful sleep
- + Relaxing aroma
- + Delicious flavor when used in baking goods.

## Product Description

Lavender has been used and cherished for centuries for its unmistakable aroma and myriad of benefits. In ancient times, the Egyptians and Romans used Lavender for bathing, relaxation, cooking, and as a perfume. Its calming and relaxing qualities, when taken internally, continue to be Lavender's most notable attributes. Due to Lavender's versatile properties, it is considered the must-have oil to have on hand at all times.

## Uses

- + Use three to four drops in diffuser to help relax the body while resting.
- + Use in cooking to soften citrus flavors and add a flavorful twist to marinades, baked goods, and desserts.

## Directions for Use

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

**For Use in Food:** Dilute one drop in 120 ml of liquid.

## 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.