

Lavender

Lavandula angustifolia 15 ml

dōTERRA® | INDIA

Product Information Page



Application: A T S

Plant Part: Flower

Extraction Method: Steam distillation

Aromatic Description: Powdery, floral, light

Main Chemical ComponentS: Linalool, linalyl acetate

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SKU: 60219318

Primary Benefits

- + May promote healthy skin.
- + Revered and used frequently by ancient cultures, continues to grow in popularity today for its cosmetic uses.
- + Along with its recognizable aroma and unique applications, it is widely used to promote calm and relaxed feelings.

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 continue to be Lavender's most notable attributes. Lavender essential oil is frequently used to reduce the appearance of skin imperfections. Add to bath water to soak away stress or apply to the temples and the back of the neck. Add a few drops to pillows, bedding, or bottoms of feet to relax and prepare for a restful night's sleep. Due to Lavender's versatile properties, it is considered one of dōTERRA's must-have essential oil to add to your collection.

Uses

- + Add a few drops to pillows, bedding, or bottoms of feet at bedtime.
- + Keep a bottle on hand to soothe skin.
- + Freshen your linen closet, mattress, car, or the air by combining with water in a spray bottle

Directions for Use

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

Topical use: Apply one to two drops to desired area. Dilute with a carrier oil to minimize any skin sensitivity. See additional precautions below.

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.