

# Lavender

*Lavandula angustifolia* 15 mL

dōTERRA®

PRODUCT INFORMATION PAGE



## Application:



**Plant Part:** Flower

**Extraction Method:** Steam distillation

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

**Main Chemical Components:** Linalool, linalyl acetate

## PRODUCT DESCRIPTION

Lavender has been used and cherished for centuries for its unmistakable aroma and myriad benefits. In ancient times, the Egyptians and Romans used Lavender for bathing, relaxation, and as a perfume; it is widely used for its calming and relaxing qualities which continue to be Lavender's most notable qualities. Lavender 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 of Lavender to pillows, bedding, or bottoms of feet to promote 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

- Add a few drops of Lavender to pillows, bedding, or bottoms of feet at bedtime.
- Keep a bottle of Lavender on hand to soothe occasional skin irritations.
- To ease feelings of tension and anxiousness, apply topically and/or diffuse to promote relaxation and feelings of ease.

## PRIMARY BENEFITS

- Soothes mild skin irritations and nourishes delicate skin at the same time
- Help to reduce anxious feeling and promotes peaceful sleep
- Helps ease feelings of tension

## DIRECTIONS FOR USE

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

**Topical use:** Apply one to two drops to desired area. Dilute with dōTERRA Fractionated Coconut 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.

