

# Lavender (Food)

*Lavandula angustifolia* 5 mL

dōTERRA®

PRODUCT INFORMATION PAGE



**Application:** I

**Plant Part:** Flower/Leaf

**Extraction Method:** Steam distillation

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

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

## 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. Due to Lavender's versatile properties, it is considered the must-have oil to have on hand at all times.

## USES

- Use in cooking to soften citrus flavors and add a flavorful twist to marinades, baked goods, and desserts.

## DIRECTIONS FOR USE

**Internal use:** 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.

## PRIMARY BENEFITS

- Use in cooking to soften citrus flavors and add a flavorful twist to marinades, baked goods, and desserts

**Lavender (food)**

*Lavandula angustifolia* 15 mL

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