

Lavender

Oil Natural Flavor 15 mL

dōTERRA®

Product Information Page



CPTG

Application: I | N

Plant Part: Flower

Extraction Method: Steam distillation

Aromatic Description: Powdery, floral, light

Main Chemical Component: Linalool, linalyl acetate, ocimene

Primary Benefits

- + Add flavor to savory food, baked goods, and drink.
- + Can use every day

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, cooking, and as a perfume. Its calming and relaxing aroma and flavor, 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 for a flavorful twist to marinades, baked goods, and desserts.

Directions

Internal use: Use 1-3 drops to flavor food or beverages.

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.