

Lavender

Lavandula angustifolia 15 mL

dōTERRA®

PRODUCT INFORMATION PAGE



Application: A T N

Plant Part: Flower/Leaf

Extraction Method: Steam distillation

Aromatic Description: Powdery, floral, light

Main Chemical Components: Linalool, Linalyl acetate, Ocimene

PRIMARY BENEFITS

- Soothes occasional skin irritations
- Relaxing aroma

Lavender

Lavandula angustifolia 15 mL

Part Number: 60206706

PRODUCT DESCRIPTION

Applied topically, 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 relax and prepare for 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.
- Freshen your linen closet, mattress, car, or the air by combining Lavender 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.

