



Lavender Essential Oil

DESCRIPTION: Native to the Old World. Lavender is a relaxing and calming aroma. A popular choice to diffuse before bedtime.

TOP AROMATHERAPY BENEFITS: relax • calm • sleep

AROMA: Flowery & Herbal

BLENDS WITH: Grapefruit, Lemon, Peppermint

INGREDIENTS: Lavandula angustifolia (lavender) oil

COLLECTION METHOD: Steam Distilled

CAUTION: Discontinue use if skin sensitivity occurs. Keep out of reach of children. Not for internal use. If pregnant, nursing, or under a doctor's care, consult physician. Avoid contact with eyes and mucous membranes.

Also available in 10 ml roll-on.



TOP TIPS:

Diffuser

Add 1 drop oil per 20 ml of water and diffuse for a relaxing and calming aromatherapy experience.

Use Before Bed

Diffuse or add 1-2 drops to carrier oil and apply to feet to encourage good sleep.

Air Freshener

Add a few drops to a spray bottle, shake well and use as an air freshener.

Enhance Meditation

Use during yoga or meditation to help put you in a peaceful place.

Laundry Freshener

Add a 1-2 drops to a dryer sheet or dryer ball to freshen laundry as it dries.

Linen Mist

Add a few drops to a spray bottle, shake well and use as a linen mist.

Massage

Add 1-2 drops to carrier oil and use for a relaxing massage.

Add to Bath

Add a few drops to a warm bath for a calming soak.

Enhance Shower

For a relaxing shower, add a few drops of oil to the shower floor.

Sugar Scrub

Combine 10-15 drops essential oil with 1/2 cup coconut oil and 1/2 cup sugar for a soothing DIY sugar scrub.

Natural Hairspray

Create a natural hairspray with 1 cup water, 2 teaspoons sugar, and 2 drops each of clary sage, lavender, rosemary, and peppermint.

Daily Shower Spray

In a spray bottle combine 1 cup of water, 1 tablespoon liquid Castille soap, 5 drops lavender oil and 5 drops lemon or peppermint oil. Use after showering on tile and glass.

Insect Bites

Combine with carrier oil and apply to insect bites, burns or rashes.

DIY AROMATHERAPY BLENDS:

Bedtime: Lavender + Clary Sage

Calm Down: Lavender + Bergamot

Cool & Calm: Lavender + Peppermint

Ease Tension: Lavender + Lemongrass + Peppermint

Happy: Lavender + Clary Sage + Orange

Harmony: Lavender + Canadian Fir + Patchouli

Meditate: Lavender + Patchouli + Rosemary

Refreshing Garden: Lavender + Citronella + Eucalyptus

Uplift: Lavender + Bergamot + Lemon

Welcoming: Lavender + Lemon

Dilution Ratio: Best practices state that one 1/2 tsp of a carrier oil, like olive, coconut, jojoba or almond oils, be combined with every 1-2 drops of essential oil. These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.