



# Lavender Essential Oil



## Lavandula Angustifolia

### Introduction

Lavender essential oil is the concentrated liquid containing volatile aroma compounds steam distilled from the lavender plant. Lavender has been used for centuries to help heal various ailments from minor cuts, bruises and burns to chronic diseases like rheumatism, asthma and dermatitis. The immediate attraction and use of lavender essential oil is in the perfume industry for its fresh, sweet and slightly fruity floral smell.

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.

### Usage

This essential oil, like most others, is usually used mixed with a base or carrier oil like sweet almond, grapeseed, jojoba, avocado and others, unless it is for your bath, when you can simply add a few drops in your bath water. Use this oil for a pleasant fragrance or aromatherapy with an oil burner or vaporiser. In aromatherapy, it is often used to combat depression, stress, and fatigue. Always consult an authorised practitioner when using lavender essential oil as a health remedy or for aromatherapy.

### Primary benefits

Soothes occasional skin irritations  
Lavender reduces anxious feelings and promotes peaceful sleep\*  
Helps ease feelings of tension.\*

### Direction 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 Ancient Wisdom 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.



\*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.

### AROMATIC DESCRIPTION

Powdery, floral, light

### EXTRACTION PROCESS

Steam Distillation

### PLANT PART

Flower tips

### MAIN CHEMICAL COMPONENTS

Linalool, Linalyl acetate

