

## Lavender - this includes other oils in the Lavandula family

Lavender, Super Bulgaria to order [Click Here](#)

French Lavender to order [Click Here](#)

Spike Lavender to order [Click Here](#)

Lavandin to order [Click Here](#)

**Botanical names of some of the common Lavenders:** *Lavandula angustifolia* (True Lavender - commonly Bulgarian & French), *Lavandula latifolia* (Spike), *Lavandula hybrida* (Lavandin)

**Countries of Origin:** Bulgaria, France, England, USA, Spain and numerous other countries around the world.

**Processed** - Steam distilled

**Part used** - Flowering plant

**Smell** - Fruity, Sweet, floral, herbaceous . The differing species will have subtle differences in smell. Some may have camphorus (Spike & Lavandin) undertones, others will be soft and sweet (French L. *angustifolia*), others will have a bold and bright scent (Bulgarian L. *angustifolia*). Try each one at various times to find which one you prefer. You may find you prefer one for colds and upper respiratory, another for room scenting and another for use in soaps or perfumery.

**Color** – colorless to pale yellow, some may even appear to be a darker yellow.

**Note** – Top to Mid note

**Shelf life** - When stored in a cool, out of light area and tightly capped - the shelf life is 5-6 years. For best therapeutic actions always use the freshest essential oils available.

**Blends with:** Lavender essential oils blend well with almost all essential oils.

### PROPERTIES & USES:

**Traditional Therapeutic actions:** Analgesic, (pain) , anti-rheumatic, antiseptic, anti-infection, antispasmodic (muscle relaxant), carminative, stimulant, disinfectant, expectorant, anti-fungal, anti-viral, bactericidal, tonic and general immune-stimulant, relaxant, anti-inflammatory, room scenting, uplifting (anti-depressant), cicatrisant, deodorant, insecticidal – repellent.

**Inhalation:** May be helpful during with any type of infection: skin, upper respiratory and many others emotional aspects, the lavender oils are wonderful to just use to freshen and deodorize any air.

**External as in use in a Carrier or Massage lotion:** sore muscles, aches and pains, including those from insect bites. May also help with dermatitis, bruises, burns, insect repellent. There are many uses of Lavender oils.

All the Lavender, just as with all essential oils needs to be properly diluted for use on the skin. **DO NOT USE UNDILUTED ON THE SKIN** - Lavender is one of the safest essential oils to use around infants and young children. Just be sure to dilute it properly if you will be using it as massage on the very young or elderly adults.

**Industry/Commercial/ Other uses:** Food flavoring in many culinary industries (candies, baked goods, ice cream, gelatin & puddings, and alcoholic & other beverages). Used in soaps, and many other household products, potpourris, colognes and perfumes and the list is endless.

**More notes:** Lavender is known as the “Mother” of Essential oils since ‘she’ can do almost anything.

Lavender is such a lovely floral scent. Many men enjoy the smell of lavender - it is not just for women.

We suggest you place a drop or two on your bed pillows for a great night's sleep.

If you get a burn, dilute a small amount in any carrier oil (rosehip seed oil is a good one) apply directly to the burn and cover with a band-aid. Re-apply daily. A burn should heal with less pain and so fast you will hardly believe it!

### Cautions:

Safe when properly diluted and ALWAYS dilute before application to skin. Can be used at 10% or less when used in massage, no irritation or sensitization noted but we encourage you to use 3% or less in any blend.

Contrary to popular belief, Lavender essential oils should always be diluted before application to the skin. If not several Aromatherapist & others have developed sensitivities to any of the lavenders and now are unable to use them at all even for inhalation.

The information provided on this Website is for informational and educational purposes only.

You should not use this information to replace medical advice given by a licensed medical practitioner. Anyone considering alternative therapies should remember to consult with their licensed medical professional before using any alternative or complementary method. We do not give nor is any opinion on our web site medical advice, they are merely suggested uses.

\*Any essential oil - ingested in large amounts can be fatal.\*

*\*Keep out of reach of children.\**

**BLENDS TO TRY** - in the recipes below - you can substitute ANY of the Lavenders!

**Here's a good "Pickme up" if you're feeling "down".**

Sweet Almond oil (or carrier choice such as a unscented lotion base) - 2 Tablespoons (1 oz)

Lavender - 8 drops

Ylang ylang - 8 drops

Basil - 2 drops

Geranium - 2 drops

Bergamot fcf - 2 drops

Mix above ingredients in a small bottle.

Then apply a small amount on back of hands and pressure points on front of hands.

This can be applied several times daily if desired.

**Stimulating Living Room Blend for your diffuser**

Grapefruit – 8 drops

Lavender - 4 drops

Lemon - 4 drops

Basil - 2 drops

Blend the above in any glass bottle. (You can easily make larger batches by doubling or tripling the recipe). Blend well then diffuse in any diffuser. This blend can also be used in Potpourri botanicals to freshen any potpourri.

**RELAXING BATH**

In a warm bath put

4 drops of Roman Chamomile and 2 drops of Lavender.

Plan to use this in you bath before bed as this is a relaxing blend!

**ROOM SPRAY**

Lavender - 4 drops

Citronella - 2 drops

Bergamot - 2 drops

Frankincense - 2 drops

Lemon - 2 drops

Emulsifier - 1 teaspoonful (5ml)

Room Spray Base - 2 ounces

Mix essential oils and emulsifier into a spray bottle, shake well, then add the Room Spray base. Shake well before each use. Mist around your home. Caution - do not spray onto furniture.

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