

# Lavender

## Introduction

Lavender essential oil is known as the most popular and versatile essential oil. It is steam distilled from *Lavandula angustifolia*, a perennial, bushy shrub with a flowery top. The many properties of lavender essential oil contribute to a vast range of usage. It is highly regarded as an antiseptic, anti-inflammatory, for skin care, or as a lovely fragrance.

## History

Traditionally used to treat burns, lavender is one of history's most celebrated and versatile essential oils. In ancient Greece, Pedanius Dioscorides, a physician, pharmacologist, and botanist, extolled the medicinal qualities of lavender. Greeks also used lavender as a perfume. The Romans used lavender in their baths for washing, for its healing and antiseptic qualities, and to deter insects. The Egyptians used lavender as an ingredient in incense and perfume. Queen Elizabeth I used lavender as a tea to treat her frequent migraines.

Following a laboratory explosion that severely burned his arm, a French scientist named Rene Gattefosse was the first modern scientist to document lavender's ability to promote tissue regeneration.

Today, we use lavender as a tea, to dress wounds, to induce sleep, ease depression, and reduce stress. Lavender oil is one of the safest essential oils and can be used in full strength on the skin.

The benefits of lavender essential oil are limitless. As we continue to study lavender, additional usage and efficacy is identified.



## Primary Benefits Lavender essential oil:

- Balances and normalizes body functions
- Promotes tissue regeneration
- Speeds up wound healing
- Cleanses cuts, bruises and, skin irritations
- Soothes and relaxes the mind and body
- Eases bodily aches and pains

## How To Use

Diffuse or inhale directly for aromatherapy. Apply topically to skin irritations, cuts, or wherever desired. Add to food or rice milk as a dietary supplement.

## Usage Tips

- Inhale lavender essential oil to soothe and relax the body and mind.



- Make an herbal tea by mixing 2 drops of lavender essential oil with 1 teaspoon of blue agave syrup and adding to warm water.
- Add 4–5 drops of lavender essential oil to a bath gel base and use in warm bath for relaxation.

- Drop 1–2 drops of lavender essential oil on your pillow to aid in a restful night of sleep.
- Massage several drops of lavender essential oil on feet to promote relaxation.

## Did You Know

- A study at the Chiba University Graduate School of Medicine in Japan found that, “Lavender aromatherapy reduced serum cortisol and improved CFVR in healthy men. These findings suggest that lavender aromatherapy has relaxation effects and may have beneficial acute effects on coronary circulation”.
- Young Living grows its own lavender at farms in Utah, Idaho, France, and Ecuador.
- Shakespeare grew lavender in his garden and spoke of it in his writings, including a recipe for a lavender tea in *The Winter’s Tale*.



## Key Ingredients

Lavender essential oil, *Lavandula angustifolia*, is used in the traditional medicine of many cultures as a calmativ. Studies have shown that the fragrance of lavender is calming and balancing.

Considered the most versatile of the essential oils, lavender can be applied topically or used for aromatherapy to contribute to overall relaxation.

### Caution

Keep out of reach of children. If pregnant, nursing, taking medication, or have a medical condition, consult with a healthcare practitioner

prior to use. Keep away from eyes and mucus membranes; avoid using on or near sensitive skin.

## Frequently Asked Questions

### Q What is the difference between lavender and lavandin?

A Lavandin is a hybrid plant developed by crossing true lavender with spike lavender (*Lavandula latifolia*). Lavandin is most commonly used to sterilize animal cages throughout Europe. Lavandin has similar calming effects as lavender but is slightly harsher.

### Q Is lavender essential oil safe for children?

A Lavender is generally safe for children. It has traditionally been used to calm small children and babies. However, you should always consult with your child’s healthcare practitioner prior to use.

## Lavender Testimonials

### Lavender for burn

**Author:** Susan Cook

**Posted:** Dec 24, 2010

While cooking dinner the other night one of my pans boiled over. Not thinking, I accidentally picked up the grate on my gas burner with my bare hands and ouch! I was in such a hurry I’d obviously forgotten the grate over my burner was still hot. Immediately I grabbed my lavender and applied a couple drops of lavender neat on my thumb, index and middle finger. I figured as hot as the grate was I’d still have a couple mild blisters. Also I kept the bottle of lavender on the counter because I wanted to reapply the oil again in a few minutes. Well I forgot about reapplying the oil because the burning in my fingers went away just about as soon as I applied my lavender. I never did reapply the

oil and never did get any blisters whatsoever.

### Bruises do not form when lavender is used

**Author:** Gail Hartley

**Posted:** May 22, 2008

I hit my knee so hard on the corner of a shower door it had a dent for several hours. I immediately put Lavender on the area and I never got a bruise and it only hurt for a few minutes. Since then I have experienced the same positive results on other areas of my body when bruising should have occurred

### Lavender for eyes

**Author:** Natalie Sherwood

**Posted:** Apr 28, 2009

I will share a few of the benefits we have experienced with this oil. After the birth of my daughter I would wake up 5, 6 or even more times a night to nurse. Because of my sleep deprivation I would rub my eyes and was constantly getting a sty in one of my eyes. They were very painful and would last at least a week each time. I decided to try lavender on the bridge of my nose and on the bony part of the eye just before bed next time a sty appeared, and it was gone when I woke up the next morning. That has happened twice. Also, my husband suffers from itchy eyes, and the lavender applied to him the same was as mentioned above gave him GREAT RELIEF

### Sunburn soothed and healed

**Author:** Jim Mains

**Posted:** Aug 31, 2009

A friend of ours just returned from the shore and when I seen her my first thought was emergency room. She could hardly walk because she was burnt so bad on the front of her legs. I gave her a bottle of lavender oil and some V-6 vegetable oil in case the lavender had a sting to it on her sunburned body. The next day we called her and she said she felt much better and was up and moving around. She said she didn't use any of the vegetable

oil and the lavender didn't sting but felt so soothing. She is now interested in what other oils can do.

### Lavender works on dog paws

**Author:** Joyce Rieschl

**Posted:** Sep 13, 2008

Recently I noticed my Shih Tzu buddy chewing on his back paws. I took a good look and they were very red and irritated. I blended 10% lavender with 90% V6 oil and rubbed it on them 3 times a day. Within 24 hours I could see a great difference and after four days the irritation was completely gone.

### Tissue repair took place with lavender

**Author:** Dianne Markinvenn

**Posted:** Nov 08, 2007

One summer I had a paper cut on my index finger. While cleaning the Hot Tub, (had to use Muriatic Acid) even with gloves on some of this got into this cut and started eating away my paper cut until it was almost down to the bone and the size of a pencil eraser. I immediately washed it, and put lavender on it. I continued to put Lavender on it 3 times a day for about 10 days and it was then healing. You can not even see where the cut was. I love it

### Haemorrhoids gone using lavender

**Author:** Marybeth Healy

**Posted:** Sep 28, 2010

I placed a few drops of lavender (neat) in that area before I went to bed and the next morning the swelling had gone done. I have had these types of issues since my first pregnancy and they reoccur whenever I have any type of gastrointestinal distress and I have tried all of the products on the market. Lavender oil was the first one that was not messy and worked!