

# Lavender, Fine

## *Lavandula angustifolia*

**Therapeutic Properties:** *Analgesic, anticonvulsive, antidepressant, antimicrobial, antirheumatic, antiseptic, antispasmodic, antitoxic, carminative, cholagogue, choleric, cicatrizant, cordial, cytophylactic, deodorant, diuretic, emmenagogue, hypotensive, insecticide, nervine, parasiticide, rubefacient, sedative, stimulant, sudorific, tonic, vermifuge, vulnerary*

True Lavender cares for and calms, listens to, and remedies a thousand ills. It takes care of children, adults, the elderly, animals, plants, the earth, and the sky. It looks after everyone with equal love.

True Lavender comes close to perfection because it is so astonishingly effective. Essence of true Lavender is vital in the family medicine cabinet, and if one does not know which remedy to use, opting for this wonder of nature is almost an assurance of success.

Lavender contains alcohols such as linalool, borneol, geraniol, and lavandulol, which together with some phenols make it a strong anti-infective agent.

Lavender is thought to be antibacterial, antifungal, antiviral, and antimicrobial, and could be effective in reducing wound infections in mothers following cesarean section or episiotomy. Lavender was also reported to give pain relief from these wounds.

## aromatherapy & home uses

**Circulation, Muscles, and Joints:** Lumbago, muscular aches and pains, rheumatism, sprains.

**Digestive System:** Abdominal cramps, colic, dyspepsia, flatulence, nausea.

**Genito-Urinary System:** Cystitis, dysmenorrhea, leucorrhoea.

**Immune System:** Flu.

**Nervous System:** Depression, headache, hypertension, insomnia, migraine, nervous tension and stress-related conditions, PMT, sciatica, shock, vertigo.

**Skin Care:** Abscesses, acne, allergies, athlete's foot, boils, bruises, burns, dandruff, dermatitis, earache, eczema, inflammations, insect bites and stings, insect repellent, lice, psoriasis, ringworm, scabies, sores, spots, all skin types, sunburn, wounds.

**Respiratory System:** Asthma, bronchitis, catarrh, halitosis, laryngitis, throat infections, whooping cough.

## suggested usage (10 years & up)

### BATH:

- 20 drops Lavender, fine in ½ cup of Dead Sea salt in a warm bath during pregnancy is particularly useful for soothing aching backs, legs, and ligaments.

### INHALATION

- Diffuse 10-12 drops in a cool mist Essential Oil diffuser.
- Place 1-2 drops on a tissue, cotton ball, or in the palms of the hands and inhale.
- Among the many qualities of Lavender Essential Oil are its relaxing and antidepressant properties. It has a mild sedative action so it helps insomnia. At bedtime, diffuse 10-20 drops of Lavender, fine.

### MISTING

- Mix 20 drops with 4 ounces distilled water in a cobalt blue glass or PET plastic bottle, shake well and mist into environment as desired. Use whenever you are feeling anxious, overwhelmed, or stressed and need strength to keep going.

### TOPICAL

- Apply neat to bites & stings as needed.
- Layer with Frankincense for wrinkles.
- Apply over the heart, solar plexus, back of the neck, and shoulders to help relieve tension.
- Apply over minor burns that are not open wounds. If applied immediately, it may help prevent blistering.

## responsible cautions

- Non-toxic, non-irritant, non-sensitizing.
- Keep out of reach of children and pets.
- Use as directed, and adhere to Responsible Cautions at [www.goDesanaOrganics.com/cautions.asp](http://www.goDesanaOrganics.com/cautions.asp).
- Store away from sunlight, at room temperature, with the lid securely tightened.

## attributes

### Wildcrafted

**Producing Organ:** *Flowering Plant*

**Extraction:** *Steam Distillation*

**Country of Origin:** *France*

## topical dilution guidelines

**Ages 10 & Over:** Topical dilution for healthy individuals is 10% (60 drops per 1 ounce of carrier oil). A topical dilution of 25% (150 drops per 1 ounce of carrier oil) may be warranted in cases of severe pain, bad bruising, or serious muscle cramping.

## pregnancy & children

### Topical

- Infant to 3 months - 1 drop in 10 ml carrier oil
- 3 months to 3 years - 2 drops in 10 ml carrier oil
- 3 to 5 years - 3 drops in 10 ml carrier oil
- 5 to 10 years - 6 drops in 10 ml carrier oil
- Pregnancy - safe when used as directed

### Bath

- Infant to 3 months - *not recommended*
- 3 months to 3 years - 1 drop in 1 tablespoon of *Baby Bliss Shampoo & Body Wash*
- 3 to 5 years - 3 drops in ¼ cup *Pink Himalayan Salt*
- 5 to 10 years - 6 drops in ¼ cup *Pink Himalayan Salt or Clay Vitality*
- Pregnancy - safe when used as directed

Remember that blends, because of the smaller percentage of the stronger oils, are usually safer than single oils; especially during pregnancy, while nursing, and when using with children or the elderly.

## availability

### 10ml Bottle & AromaStix



### QUALITY ASSURANCE

All oils from goDesana Organics are 100% pure and therapeutic, meaning they are sourced and approved by Alexandria Brighton to the highest standards possible. Our Essential Oils are chosen for their integrity (all chemical constituents important for use are intact), ecological "soundness" (all are organic or wildcrafted), and the specific chemical constituent percentages that Alexandria Brighton insists upon for efficacy and safety.

### DISCLAIMER

goDesana Organics products have not been evaluated by the FDA and are not intended to treat, diagnose, cure, or prevent any disease. They are not intended as a substitute for the advice or medical care of a qualified health care professional. Seek the advice of your health care professional before undertaking any dietary or lifestyle changes.