

LAVENDER, SPIKE

Lavandula latifolia

Spike Lavender (*Lavandula latifolia*) is native to France, Spain, Italy, and the Balkans. It grows at low altitudes whereas "true" lavender grows at higher altitudes. Where these two lavenders meet, you will find naturally occurring hybrids known as Lavendins.

Spike Lavender is unique among lavenders in that it contains cineole which gives it many of the beneficial properties of eucalyptus, but in a softer, more tolerable form. Ideal for upper respiratory issues; breaks up phlegm and opens airways. It can decongest and soothe sore muscles.

Spike Lavender is more antiseptic due to the cineole and camphor content, and is often used in hand soaps and for wound healing. It blends well with Lemon, Tea Tree, and Eucalyptus Radiata, and can make a multi-use cleanser and air purifier that will keep your home germ-free and smelling fresh.

Spike Lavender can be blended with Rosemary 1,8 cineole, and diluted can be helpful to massage into sore muscles.

Spike Lavender has a more robust energy than true Lavender and is more stimulating. Not recommended for use before going to bed.

daily uses

BATH

- Mix 8-10 drops Lavender, spike in ½ cup Pink Himalayan salt, Dead Sea salt, or Clay Vitality and add to a warm tub of water.

DIFFUSION

- Diffuse in 10 minute intervals as needed throughout the day to freshen and purify room air.

MASSAGE

- Add 10 drops to 1 ounce of carrier oil and use as a soothing rub for tired, achy muscles.

MISTING SPRAY

- Add 10-15 drops to 4 ounces of distilled water in a blue cobalt glass or PET plastic spray bottle. Shake vigorously before each use. Spray personal energy field, clothing, or on skin.

TOPICAL

- Add 5 drops to 1 tablespoon of carrier oil and use for bug bites, sunburn, and other minor skin irritations.

RESPONSIBLE CAUTIONS

- Use as directed. For topical and aromatic use only.
- Store at room temperature with lids securely tightened, keep away from sunlight.
- Dilute for use on the skin.
- Not recommended for use during pregnancy.



Essential Singles

attributes

Producing Organ

Flowers and stems

Extraction

Steam Distillation

Country of Origin

Spain

Properties

Analgesic, antibacterial, anti-inflammatory, antimicrobial, antiseptic, antispasmodic, carminative, cholagogue, deodorant, diuretic, emmenagogue, expectorant, insecticide, nervine, stimulant, stomatic, vulnerary

notes



Available in:
10ml Bottle

QUALITY ASSURANCE

All goDésana essential oils are 100% Pure Therapeutic Grade that are Certified Organic and/or Wild-Harvested. They are sourced, formulated and approved by Alexandria Brighton. Oil samples, along with the Material Safety Data Sheets, Certification Documents and GC/MS Chromatography Documents, are sent to Alexandria for her approval prior to being shipped to goDésana.



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