

Lavender, vera

Lavandula angustifolia

Therapeutic Properties: *Analgesic, anti-emetic, antiseptic, antispasmodic, bactericidal, carminative, cephalic, expectorant, febrifuge, laxative, rubefacient, stimulant, stomachic, sudorific, and tonic*

Lavender, vera is an increasingly rare and valuable Essential Oil. Grown and wild harvested from high in the mountains, it is becoming scarce due to weather and disease. It can be used in the same manner as Lavender, fine, but has an added benefit of increased ability to work at the emotional and energetic levels in a way that far exceeds other varieties of Lavender.

Lavender, vera (High Altitude) Essential Oil has the finest aroma of all Lavender oils. It is grown at high altitude, which produces a higher ester content in the oil (50-52%). It is primarily these esters that give Lavender, vera its wonderful aroma.

Pure Lavender oil is one of the most versatile aromatherapy oils and is a 'must-have' for the home first-aid kit. It is extremely beneficial for a wide variety of ailments ranging from aches, pains, and skin complaints to colds & flu, stress, headaches, and insomnia.

Lavender, vera has a calming scent that makes it an excellent tonic for the nervous system. It helps with headaches and migraines, anxiety, depression, and emotional stress.

Lavender, vera also has many benefits to the skin and is especially regenerative for older skin, helping with wrinkles. It is also very effective when used to kill lice, lice eggs, and nits.

aromatherapy & home uses

Circulation, Muscles, and Joints: Palpitations, poor circulation.

Digestive System: Cholecystitis, liver congestion, nausea.

Genito-Urinary System: Irregular menstruation, leucorrhea, menorrhagia, uterine disorders.

Nervous System: Depression, impotence, insomnia, frigidity, headache, nervous tension, and stress-related complaints.

Respiratory System: Asthma, coughs, hay fever.

Skin Care: Broken capillaries, conjunctivitis, dry skin, eczema, herpes, mature & sensitive skin, wrinkles.

suggested usage (10 years & up)

BATH:

- Mix 20 drops Lavender, vera in ½ cup of Dead Sea Salt, add to a warm and bath soak for 20 minutes to relieve the stresses of a hectic lifestyle.

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.

MISTING

- Mix 20 drops with 4 ounces distilled water in a cobalt blue glass or PET plastic bottle, shake well and mist into the environment as desired.

TOPICAL

- Apply over bites and stings as needed.
- Apply over the heart, solar plexus, back of the neck, and shoulders.
- Apply over minor burns that are not open wounds. If applied immediately, it may help prevent blistering.
- Use 20-30 drops in 1 tablespoon of carrier oil and apply to the scalp to treat lice. Leave on 10 minutes and then wash hair thoroughly.
- Layer with Frankincense and Rose Essential Oil for wrinkles.

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.
- Store away from sunlight, at room temperature, with the lid securely tightened.

attributes

Wildcrafted

Producing Organ: *Flowering Plant*

Extraction: *Steam Distillation*

Country of Origin: *Bulgaria*

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



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.