

Lavender

Lavender has been used for thousands of years and today has to be the most loved and used essential oil, and is probably the one with the widest impressive use of applications. Lavender is safe, versatile and gentle and may be used undiluted over small areas. The essential oil with its “balancing” qualities is steam-distilled from the flowing tops to aromatic leaves. *Lavandula Angustifolia* - for its softer, sweeter scent, English Lavender is not from England at all but from southern Europe, where it is cultivated for the perfume industry. The perfume is comfortingly familiar, fresh, clean, floral and soft and it blends well with most other oils.

Uses:

Lavender is one of the most valuable oils for skin care and skin conditions as it stimulates the growth of new cells, kills bacteria, prevents scarring and eases pain. Use it to treat abscesses, acne allergies, athlete’s foot, boils, bruises, inflammation, dermatitis, eczema, insects bites, stings and repellent, psoriasis, scabies, sunburn, burns and scalds (minor), sores, spots, ringworm and wounds of all kinds. Include it in deodorants too as it reduces body odour.

Lavender increases energy quickens the function of glands and strengthens bodily systems. It eases problems with digestive, respiratory and urinary systems, relieves cramps and spasms in the intestines and uterus and stimulates bile production. It will help to expel gas from the intestines and encourage and regulates menstrual flow.

The antiseptic, antiviral and antibiotic properties combined with ability to loosen and expel mucus make it an ideal oil to use as an inhalation and chest rub for bronchitis, coughs, colds, laryngitis, mucus, and throat infections.

Lavender is renowned for effective relief of pain and inflammation caused by arthritis, lumbago, muscular aches and pains, rheumatism, sciatica, and tension pain. The best way of utilising lavender oil for these problems is in a synergistic massage or bath blended with other oils as it will strengthen their properties.

Beautiful lavender is the great leveller. It can create calm and order for mental chaos to harmonise and balance every aspect of our body and mind. It reduces stress and calms the nervous system, lifts depression and eases headaches and insomnia.

Caution: Avoid using for first four months of pregnancy and longer if there is a history of miscarriage.

TIP; There is an old belief, if you want to stay chaste and virginal, you must dry lavender flowers and sprinkle them upon your head - definitely easier to use essential oil if chaste and virginal is what you desire!

Remember lavender for almost everything.