

## Product Summary

Lavender (*Lavandula angustifolia*) has a sweet, floral aroma that is soothing and refreshing. Lavender's aroma is great for relaxing and winding down before bedtime; add to a bath or diffuse to create a calming and comforting atmosphere. Lavender essential oil may be a great addition to your favorite shampoos, lotions and skin care products.

Lavender is one of history's most celebrated and versatile essential oils. It is steam-distilled from *Lavandula angustifolia*, a perennial, bushy shrub with a flowery top. Historically, Greeks used lavender aromatically by burning it. The ancient Romans used it in their baths for washing and valued it so highly that one pound of lavender flowers were sold for the equivalent of a month's wages for a farm laborer. The many plant constituents in Lavender essential oil contribute to a vast range of usages and the oil can be applied to the skin undiluted.

## Ingredients:

Lavandula angustifolia† (Lavender) oil  
†100% pure, therapeutic-grade essential oil

## Primary Benefits

- Relaxing, soothing scent creates a calming atmosphere, when diffused
- Unwind by adding a few drops to nighttime bath
- Diffuse for a fresh, clean scent and to eliminate odors
- May complement some of your favorite shampoos, lotions or skin care products



## Suggested Use

- Topical: Apply 2-4 drops directly to desired area. Dilution not required, except for the most sensitive skin. Use as needed.
- Aromatic: Diffuse up to 1 hour 3 times daily.

## Cautions

- Keep out of reach of children. If you are pregnant, nursing, taking medication, or have a medical condition, consult a health professional prior to use. For external use only. Keep away from eyes and mucous membranes.

## Complementary Products

- AromaLux™ Atomizing Diffuser
- Rainstone™ Diffuser
- Idaho Balsam Fir Essential Oil
- Blue Cypress Essential Oil
- Peace & Calming® Essential Oil Blend
- Tranquil™ Essential Oil Roll-On
- Stress Away™ Essential Oil Blend
- RutaVaLa™ Essential Oil Blend
- Harmony™ Essential Oil Blend

## Did You Know?

- Young Living has three farms that grow lavender, located in Utah, Idaho, and France.
- Lavender is part of the mint family.
- It takes 27 square feet of lavender plants to make one 15 ml bottle of lavender oil.
- In ancient Greece, Pedanius Dioscorides, a physician, pharmacologist, and botanist, extolled the many qualities and uses of lavender.