

# LAVENDER *Wellness Essential Oil*



## THERAPEUTIC CLAIMS

Traditionally used in Aromatherapy:

- To decrease the symptoms and duration of headaches;
- To decrease colic (wind/gas pain);
- To promote energy levels;
- To relieve toothache;
- As an analgesic to relieve pain;
- To relieve mild nerve pain;
- To relieve mild joint aches and pains;
- To decrease mild rheumatic aches and pains;
- To help reduce mild muscle spasms;
- To help relieve symptoms of muscle strain;
- To reduce abdominal and digestive spasms;
- To reduce occurrence of abdominal spasms;
- As an antispasmodic;
- To reduce the symptoms of stress;
- To reduce the symptoms and occurrence of mild anxiety;
- As a nervous system relaxant;
- To calm nerves; and
- As an antiseptic for minor cuts and abrasions.

## AROMATIC PROFILE

Sweet, herbaceous and floral aroma

## DIRECTIONS FOR USE |

### TOPICAL

Apply 2–4 drops directly to desired area. Dilution not required, except for sensitive skin. Test on small area of skin on the underside of arm.

### INHALATION

Apply 1–6 drops of undiluted essential oil to a tissue and inhale occasionally. Use up to 3 times daily.

### AROMATIC

Diffuse up to 1 hour 3 times daily.

*Always read the label. Follow the directions for use. Keep out of reach of children. Not to be taken. If symptoms persist talk to your health professional. The claims listed above are only applicable for Australia. To share or sell these products compliantly please refer to the Product Claim Pages found in your Virtual Office.*