



LAVENDER

 Essential Oil *Lavandula angustifolia*

Used in aromatherapy

Experience Wellness in Body & Soul

- **BODY:** Helps to relieve joint or muscle pain associated with sprains, strains & rheumatoid arthritis. Lavender can also help reduce the symptoms of a cold and cough. When experiencing digestive discomfort it can act as a carminative and antispasmodic.
- **SOUL:** Lavender acts as a nervine and calmative, which enhances relaxation as well as helps to relieve headaches.

USAGES: *Local application, body massage, topical application, sprays used for muscle pain/other topical use, bath, direct inhalation, steam inhalation, compresses*



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