

Product Summary

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 as a perfume. The Romans used it in their baths for washing, for its cleansing qualities, and to deter insects. The Egyptians used lavender as an ingredient in incense and perfume. Queen Elizabeth I used it in her tea to relax.

The many plant constituents in lavender essential oil contribute to a vast range of usage. Today, we use lavender to cleanse, support normal sleep, cool sun-exposed skin, and reduce stressful atmospheres. Lavender oil is one of the safest essential oils and can be applied neat to the skin. The benefits of lavender essential oil are limitless, and modern research will continue to yield new and exciting uses for this amazing plant.

Primary Benefits

- Supports normal sleep
- Cleanses skin irritations
- Relaxes the mind and body
- Eases bodily tension and stress

Who Should Use Lavender Essential Oil?

- Those seeking a calming, relaxing influence and a break from hectic daily activities
- Those looking for improved support for healthy skin
- Those looking for a lift in mental acuity and concentration

Suggested Use

- Topical: Apply 2–4 drops topically to skin irritations, cuts, or as needed.
- Aromatic: Diffuse up to 1 hour 3 times daily or inhale directly for aromatherapy.

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.

Did You Know?

- Young Living has three farms that grow lavender, located in Utah, Idaho, and France.
- Inhaling lavender essential oil relaxes the body and mind.
- French scientist René-Maurice Gattefossé was the first modern scientist to document lavender's more dramatic skin applications.
- In ancient Greece, Pedanius Dioscorides, a physician, pharmacologist, and botanist, extolled the many qualities and uses of lavender.



Complementary Products

- Idaho Balsam Fir Essential Oil
- Lavender Hand & Body Lotion
- Lavender Bath & Shower Gel
- Lavender Shampoo
- Lavender Conditioner
- Lavender Mint Daily Shampoo
- Lavender Mint Daily Conditioner
- Lavender Rosewood Moisturising Bar Soap
- Lavender Foaming Hand Soap
- Lavender Lip Balm

Key Scientific Studies

- Motomura N, Sakurai A, Yotsuya Y. Reduction of mental stress with lavender odorant. *Percept Mot Skills*. 2001 Dec;93(3):173–8.
- Lis-Balchin M. *Aromatherapy Science: A guide for healthcare professionals*. Great Britain: Pharmaceutical Press. 2006:219-226.

Product Information

Lavender Essential Oil—15 ml
Item No. 357508