

## About Lavender

Lavender is one of Young Living's most popular oils. It is unmatched in its diversity of uses and is enjoyed by many for its extensive health supporting benefits. Versatile and efficacious, it is a wonderful gift from which many Young living products have been derived. Young Living's Provence farm is in the region of Alpes de Haute Provence and the Plateau d'Albion which has, historically, been important for lavender harvest since 1800. Indeed there are around 140 distilleries in the area. Rocky, pure, dry soil is very important for the cultivation of lavender, although the rocks should not be too large. With no irrigation this kind of soil is only suitable for lavender and a few kinds of wheat.

## The history and uses of lavender

The use of lavender goes all the way back to the Greeks and Romans. The Romans would scent their bath water with it as well as use it to improve the smell of washed clothes. The botanical name 'lavendula' comes from the latin 'lavare' meaning 'to wash'. As well as being widely added to perfumes and other scented products, Lavender is one essential oil that can be used in every home, and it's it has many uses! Young Living's lavender is a more natural alternative to many store-bought products, and once you begin using it around the house you'll wonder how you ever survived without it.

## Here are a few quick and easy ways to incorporate its benefits into your daily routine:

- Massage lavender into the back of the neck or bottom of the feet for relaxation.
- Add a few drops of lavender to your bath water for a relaxing soak.
- Diffuse lavender before bed to quiet the mind and prepare for sleep.

## Lavender essential water

This precious essential water contains all the aromatic molecules of the essential oil itself and the floral water. When combined, these recreate the original fragrance of the plant and offer a beautiful, long lasting scent to freshen up your home.

## French Lavender Bouquet

A dried lavender bouquet from our farm in Provence, France. This is a beautiful and natural piece of decoration, which comes with a 60ml dispenser of Essential Water to enhance and prolong the fine lavender scent.

## Lavender sachets

These pretty little sachets contain dried lavender flowers from Young Living's French farm and can be used as decoration, as a gift or to freshen up closets and wardrobes. Each set of three sachets comes with a 60ml spray of Essential Water to enhance and prolong the beautiful lavender scent.

## Lavender dry flowers

Dried lavender flowers from our farm in Provence, France, are perfect for potpourris, pillow fillings and they can also be used at weddings instead of throwing rice. Imagine the lovely scent when the newlyweds walk over the flowers and the fragrance starts filling the air!



## Lavender floral water

This refreshing lavender floral water from Young Living's French farm in Provence is the ideal solution to clean even oily skin and to refresh your face in hot weather. We distil in a traditional copper distiller which allows a longer shelf life than similar products.

## Rosemary floral water

This aromatic rosemary floral water from Young Living's French farm in Provence is the ideal solution to clean your skin and to refresh your face in hot weather. We distil in a traditional copper distiller which allows a longer shelf life than similar products.

## Clary sage floral water

This aromatic clary sage floral water from Young Living's French farm in Provence is the ideal solution to clean your skin and to refresh your face in hot weather. We distil in a traditional copper distiller which allows a longer shelf life than similar products.

## Natural solubilizer

Thanks to this 100% natural solubilizer you can now easily mix your favourite essential oils with water to add it to a soothing bath or household cleaning products.

## Nicolas Diffuser

This aesthetic diffuser does not require electricity to diffuse your favourite essential oils. Using natural evaporation in room temperature conditions, the Nicolas diffuser is inexpensive, unbreakable and ecologically friendly. It is made of 100% recyclable materials and easy to transport.

## Wild lavender essential oil

Wild lavender grows in the mountains of Provence and certainly produces the most exquisite lavender oils in the world. These precious and rare plants have been harvested by hand in the area around Séderon, the village where Gary stayed when he first came to France to learn how to find and distil the best plants and essential oils worldwide.

## Lavender Einkorn Pillow

These useful pillows are made of einkorn husk and filled with lavender flowers from our French farm in Provence. It is easy to carry and a fantastic travel companion.

For further information please see [www.ylprovence.com](http://www.ylprovence.com)