



*\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.*

## Lavender | Essential Oil

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Lavender is beloved for its soothing, floral aroma and is one of the gentlest and most popular essential oils available. Soothing for skin and emotions alike, it is infinitely versatile.

**Aromatic:** Sweet, floral, and herbaceous, Lavender can be worn as a perfume, diffused, inhaled directly, or added to bath water to encourage relaxation. Its aromatic influence can also encourage greater focus and more restful sleep.

**Dietary Supplement:** Add 1–2 drops to herbal tea or to a vegetarian gel capsule and take internally to restore a sense of peace and balance.

**Topical:** Apply directly to the skin or add to your favorite all-natural and unscented moisturizer to nourish and soothe the skin. Massage into the soles of feet before bedtime to promote restful sleep. Lavender essential oil is gentle enough to be applied without dilution.

**Other:** Add several drops to a rag and add to your laundry dryer cycle for extra freshness and fewer wrinkles. Add 1 drop to a glass of naturally sweetened lemonade for a refreshing twist on a favorite summertime drink.

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