

## Product Summary

Lavender is a popular essential oil long loved for its calming, soothing fragrance. When diffused, Lavender adds a clean and fresh scent to any room. It is also a relaxing addition to body care products and baths.

## Why We Love It

Lavender essential oil's smell is very similar to that of the fresh herb—clean, fresh, relaxing, and floral—which is why Lavender has always been such a favorite of gardeners and perfume makers. That relaxing smell makes Lavender a bubble bath's best friend! Just add a few drops to hot bath water at the end of a long day to unwind and let it all go. It's also great to diffuse while buried in a great book and drinking a cup of herbal tea.

- Want to get away? Create your own relaxing retreat by diffusing Lavender. Not only is its aroma soothing, but it also fills any space with a fresh, clean smell that eliminates odors.
- Unwind at the end of a long day by adding a cup of Epsom salt and few drops of Lavender to a hot bath.
- Add a few drops to your favorite shampoos, lotions, or skin care products to give your hair and skin extra radiance and for a beautiful smell that lasts all day.

## Ingredients:

Lavandula angustifolia<sup>†</sup> (Lavender) oil  
<sup>†</sup>100% pure, therapeutic-grade essential oil



## Directions

Topical: Apply 2–4 drops directly to desired area. Dilution not required, except for the most sensitive skin. Use as needed.

Aromatic: Diffuse up to 1 hour 3 times daily.

## 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. For external use only. Keep away from eyes and mucous membranes.

## Fun Facts

- Young Living has three farms that grow lavender, located in Utah, Idaho, and France.
- Lavender is part of the mint family.
- It takes 27 square feet of lavender plants to make one 15-ml bottle of lavender oil.
- In ancient Greece, Pedanius Dioscorides, a physician, pharmacologist, and botanist, extolled the many qualities and uses of lavender.

*\*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.*

## We Also Love

- Dewdrop™ Diffuser
- Rainstone™ Diffuser
- Idaho Balsam Fir Essential Oil
- Blue Cypress Essential Oil
- Peace & Calming® Essential Oil Blend
- Tranquil™ Essential Oil Roll-On
- RutaVaLa™ Essential Oil Blend
- Harmony™ Essential Oil Blend

## Product Information

Lavender Essential Oil—15 ml  
Item No. 3575