



## Lavender Essential Oil

**DESCRIPTION:** Native to the Old World. Lavender is a relaxing and calming aroma. A popular choice to diffuse before bedtime.

**TOP AROMATHERAPY BENEFITS:** relax • calm • sleep

**AROMA:** Flowery & Herbal

**BLENDS WITH:** Frankincense, Lemon, Peppermint

**INGREDIENTS:** Lavandula angustifolia (lavender) oil

**COLLECTION METHOD:** Steam Distilled

**CAUTION:** Discontinue use if skin sensitivity occurs. Keep out of reach of children. Not for internal use. If pregnant, nursing, or under a doctor's care, consult physician. Avoid contact with eyes and mucous membranes.

Also available in 10 ml roll-on.



### TOP TIPS:

#### Diffuser

Add 1 drop oil per 20 ml of water and diffuse for a relaxing and calming aromatherapy experience.

#### Use Before Bed

Add a few drops to carrier oil and apply to feet at bedtime to promote calming feelings.

#### Air Freshener

Add a few drops to a spray bottle filled with distilled water, shake well and spritz.

#### Enhance Meditation

Use during yoga or meditation to help put you in a peaceful place.

#### Laundry Freshener

Add a 1-2 drops to a dryer sheet or dryer ball to freshen laundry as it dries.

#### Linen Mist

Add a few drops to a spray bottle filled with distilled water, shake well and use as a linen mist before sleep.

#### Massage

Add 1-2 drops to carrier oil and use for a relaxing massage.

#### Add to Bath

Add a few drops to a warm bath for a calming soak.

#### Enhance Shower

For a relaxing shower, add a few drops of oil to the shower floor.

#### Sugar Scrub

Combine 10-15 drops essential oil with 1/2 cup coconut oil and 1/2 cup sugar for a soothing DIY sugar scrub.

#### Natural Hairspray

Create a natural hairspray with 1 cup water, 2 teaspoons sugar, and 2 drops each of clary sage, lavender, rosemary, and peppermint.

#### Daily Shower Spray

To a spray bottle, add 1 cup of water, 1 tablespoon liquid Castille soap, 5 drops lavender oil and 5 drops lemon or peppermint oil. Use after showering on tile and glass.

### DIY AROMATHERAPY BLENDS:

**Bedtime:** Lavender + Clary Sage

**Calm Down:** Lavender + Bergamot

**Cool & Calm:** Lavender + Peppermint

**Ease Tension:** Lavender + Lemongrass + Peppermint

**Happy:** Lavender + Clary Sage + Orange

**Harmony:** Lavender + Canadian Fir + Patchouli

**Meditate:** Lavender + Patchouli + Rosemary

**Refreshing Garden:** Lavender + Citronella + Eucalyptus

**Uplift:** Lavender + Bergamot + Lemon

**Welcoming:** Lavender + Lemon

Usage: Use 3-5 drops per 100 mL of water with a diffuser. Dilute at a 1 to 1 ratio with carrier oil to use topically.

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.