

# Lavender Essential Oil



## Product Details

**Botanical Name:** *Lavandula angustifolia*

**Country of Origin:** Bulgaria

**Extraction Process:** Steam Distilled

**Part of the Plant Used:** Flowering Tops



**Description:** Lavender Essential Oil has a herbaceous, sweet, floral aroma. Grown in Bulgaria this familiar, loved plant is used for its abundance in therapeutic properties. For many years this plant has been ground up to aid in sore healing, sunburns, rashes, pain, nervousness, and anxiety. Often referred to as the "Miracle Oil", Lavender is one of the most used Essential Oils in the world. Lavender Essential Oil can also be found in many products like face creams, lotions, herbal tinctures, and more. Lavender Essential Oil is perfect to diffuse in the home to help calm the nerves and create a tension free environment.

**Common Uses & Benefits:** Lavender has been traditionally used to help inflammatory conditions, skin infections, wounds, cuts, grazes, rashes, itching, stress-related eczema, nervous psoriasis, sunburn, burns, muscular spasms, muscular contractions, abdominal cramps, headache, migraine, insomnia, headache, migraine, insomnia, and nervousness.

**Therapeutic Properties:** Analgesic, Anthelmintic, Anti-infectious, Anti-inflammatory, Antibacterial, Antidepressant, Antimicrobial, Antiseptic, Calmative, Cicatrisant, Cytophylactic, Esters, Monoterpenols, Sedative, Soporific, Spasmolytic, Vulnerant

**Directions:** Recommended to properly blend in a carrier oil prior to topical applications. Patch test before use in case of sensitivity.

### Blends Well With:

Bergamot, Lemon, Patchouli, Vetiver, Rosemary, Clove.

**Cautions:** Possible skin sensitivity. Keep out of reach of children. If pregnant or under a doctor's care, consult your physician.

These statements and products have not been evaluated by United States Food and Drug Administration and are not approved to diagnose, treat, cure, or prevent disease. The information given is not intended as a substitute for advice from your physician or other health care professional. Please also note the difference between herbs, natural foods, and essential oils.

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