

Lavender

The most versatile of all essential oils, lavender can be used for so many conditions it's amazing. Get to know a few applications and enhance your life with this fabulous oil. Lavender comes from the Roman word *lavare* meaning to wash. It was used widely in bathing.

Properties:

Analgesic/Pain killer

Antispasmodic/stops spasms

Antiseptic-kills germs and bacteria

Reduces bronchial secretions

Reduces coughing

Diuretic/ reduces water retention

Anti-migraine

Vermifuge-expels intestinal worms

Tonic-restorative to heart nerves

Reduces rheumatism

Intestinal stimulant

Reduces High blood pressure

Calms nerves of the heart, Anti-convulsive

Anti-depressant

Anti-toxic

Aids in digestive

Stimulates cell growth

Deodorant

Sedative

Stimulates white blood cell production. Increasing immune response.

Relieves period pain when massaged into low back and abdomen.

Emotional properties:

Balances emotions,

Use for migraines

Use when there is strong mental symptoms such as manic depression

Useful for nervous exhaustion.

Use for:

Abscess

Acne

Asthma

Boils, carbuncles

Use for:

Bronchitis, colds, flu

Burns, sunburn

Colic

Conjunctivitis, eye infections

Convulsions

Cystitis, yeast infections

Cough, Whooping cough

Depressions

Dermatitis, skin rashes, Psoriasis, Eczema

Diarrhea

Earache- use on cotton put in ear.

Epilepsy

Flatulence

Gallstones

Hair loss

Halitosis, bad breath

Headache,

Lice, scabies

Insomnia

Laryngitis- sore throat

Muscle spasm

Nausea

Nerve pain

Puncture wounds

Throat infections

Tuberculosis

Ulcers,

Vomiting

Palpitations, trembling, irritability, fainting, panic, hysteria

Especially good for infants

General tonic after illness

How to Use:

In bath use with an emulsifier such as 2 Tbsp. Milk or powdered milk, or 1 tsp. vegetable oil. Use 5-15 drops lavender oil. For children use 3-5 drops.

Inhale directly out of the bottle. Or by placing on a tissue, cotton ball or on clothing near collar.

Massage oil: Use 10 to 12 drops per ounce of vegetable oil such as canola oil, sunflower oil, or apricot kernel oil.

Facial Steam/lung steam. Use 2 drops added to boiling water. Place towel over head then over boiling water to hold in vapors. Breathe deeply into lungs. It is a great help for coughs, and colds. It also opens pores.

Eye Compress: for conjunctivitis, use 1 drop in hot water. Agitate water to disperse oil in water. Use clean washcloth. Dip in water. wring out, and place on eyes. Continue to dip in water to re-warm and place on eyes for a total of 15 minutes.

Room Spray: great for sanitizing a sick room or refreshing a room. Use 75-80 drops in a 4 oz. sprayer. Mix with 1 oz. witch hazel and fill remainder of sprayer with spring water. Shake well before each use.

Diffuser: place 3 drops in a ceramic diffuser with a little water. Light a candle for the heat source. Or use a plug in type diffuser. Use 3-5 drops placed on cotton pad.

In dryer: Put 10 drops on a sock or washcloth. Place in dryer about 10 minutes before cycle ends to scent clothes.

