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MASSAGE

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Calming, refreshing, uplifting,  
soothing, purifying.

### Essential Oil of Lavender

*Lavendula Angustifolia*



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This English garden herb is highly regarded for its classic fragrance in soap, potpourris and essential oils. Originally, the oil from the flower was used to protect cloth and stored linens from moths. It was, and is, used as a scent in air fresheners. In addition to aromatic uses, lavender is also an important medicinal herb.


With scientific research verifying its ancient uses, lavender is an essential component of any household first aid box. The essential oil is used on insect bites, burns, blemishes and has applications as a stimulant, tonic, headache relief, and for relief of intestinal discomfort.

There are many ways to use lavender oil. Here are a few of our favorites:


 *In your shampoo or conditioner.*


 *In a carrier oil/lotion for a lavender massage.*


 *In a humidifier.*

 *In a spray bottle for aromatherapy.*

 *On a cold or warm compress to ease headaches.*

 *In bath water.*

 *In a vapor bowl for decongestion.*

 *On a dry cloth in the dryer to fragrance clothing.*