

Lavender Essential Oil

Botanical Name

Lavandula angustifolia / Lavandula officinalis

Strength of Initial Aroma

Medium

Blends Well With

Most oils

Aromatic Description

Light Sweet Floral Aroma

Blends Well With

Citrus, Resinous, Herby, Woodsy and Other Floral Oils

Lavender Essential Oil Uses

- Cognitive support and brain health.
- Acne
- Allergies
- Anxiety
- Asthma
- Athlete's Foot
- Bruises

kid friendly

- Burns
- Chicken Pox
- Colic
- Cuts
- Cystitis
- Depression
- Dermatitis
- Dysmenorrhea
- Earache
- Flatulence
- Headache
- Hypertension
- Insect Bites
- Insect Repellent
- Itching
- Labor Pains
- Migraine
- Oily Skin
- Rheumatism
- Scabies
- Scars
- Sores

kid friendly

- Sprains
- Strains
- Stress
- Stretch Marks
- Vertigo
- Whooping Cough

Sources: www.aromaweb.com Lavender EO Monograph

Lavender Essential Oil Safety Information

Tisserand and Young do not indicate any special precautions when using Lavender Essential Oil. Reading Tisserand and Young's full profile is recommended. [Robert Tisserand and Rodney Young, Essential Oil Safety (Second Edition. United Kingdom: Churchill Livingstone Elsevier, 2014), 325-328.]

Regular repeated use may not be safe for boys who have not yet reached puberty. Affects the central nervous system, stop use 2 weeks prior to any surgeries.

As cited per www.aromaweb.com Lavender EO Monograph

Other sources: www.webmd.com

As with all things, always proceed with extreme caution especially if pregnant, using with children or the elderly or if you have any underlying medical conditions speak with a medical or aromatherapy professional prior to use.

The information herein is a short generalized information document and is intended for educational purposes only. The data is not necessarily complete and although we do our best to research our ingredients it is not guaranteed to be fully accurate.

kid friendly