QUICK REFERENCE SHEET

LAVENDER ANGUSTIFOLIA

Lavandula angustifolia

Plant Family: Labiatae

Extraction Method: Steam Distilled

Part Utilized: Flowering Tops

Region of Origin:

France

AFFINITY FOR:

digestive system, lymphatic system, cardiovascular system, reproductive system, genito-urinary system, immune system, nerves, brain, solar plexus, all heart meridians, base chakra

THERAPEUTIC PROPERTIES:

antiseptic, diuretic, expectorant, emmenagogue, antiparasitic

AROMATIC CONSIDERATIONS:

Lavender can help us move from judgement to kindness and generosity.

APPLICATION:

There is probably no wrong way to apply or diffuse Lavender.

ⓘ CAUTIONS:

Lavender is wonderfully calming in small amounts, but can be stimulating if used in too large a quantity or too often. This is especially true with babies and small children.

INGREDIENT IN:

LeBalance, LeDiminish, LeIntensity, LeSweet Relief, LeTranquility

EMOTIONAL-SPIRITUAL-MENTAL ASPECTS:

One of the great emotional gifts of Lavender is the feeling of total and unchanging support around and within us. It leaves us with no room for doubt that we are loved and will be supported in life's challenges and in the process of healing. Lavender promotes faith, even in the hard times. Lavender brings balance between masculine and feminine energy and traits.

Lavender is a gentle, but effective, sedative and nervine. It can bring relief from anxiety, panic, hysteria, emotional and mental fatigue, headaches and migraines, and insomnia.

PHYSICAL ASPECTS:

Lavender can be used for nearly all skin conditions. It can be applied to cuts, sunburns, burns, rashes, dermatitis, eczema, and insect bites. Consistent use of Lavender with burns and injuries minimizes scarring. Lavender, usually as part of a blend, is often used to prevent or remedy conditions of dandruff and hair loss. Lavender is antiseptic, anti-inflammatory, cytophylactic, and antispasmodic, making it effective for muscle strains and sprains, cramps, and wound healing.

Lavender clears excess waste products from the lymphatic system and is an aid to digestion. Lavender is sometimes all that is needed to prevent or alleviate nausea. Mildly diuretic, Lavender can be useful in alleviating edema and premenstrual water retention. Whether the root of the problem is emotional or physical, Lavender is often effective in stabilizing both high or low blood pressure and regulating the pulse. Lavender, or blends containing it, is used to lessen pain and promote restful sleep. Lavender is useful for babies with thrush.

GENERAL INFORMATION:

Lavender is a universal oil that has been shown to balance the body and to work wherever there is a need. It is called "the grandmother" of essential oils because it cares for and nurtures us through such a variety of physical and emotional stresses. If you don't know what essential oil to reach for, try Lavender.

Lavender officinalis often called lavender 40/42 is the Lavender of choice for making products such as soaps, perfumes, and candles. The 40/42 refers to the balance of Linalool and Linalyl in the oil. These levels are reached by mixing batches of Lavender oil together to get the right ratio. This gives Lavender officinalis a stronger aroma that is consistent from batch to batch. It also means Lavender 40/42 is considered a standardized oil rather than a pure oil. So while it is still a therapeutic Lavender it is regarded as less therapeutic than other varieties. Lavender angustifolia is the more therapeutic Lavender. It has a softer, prettier smell than the officinalis.

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