

Lavender

Botanical Name: *Lavandula augustifolia*

Note: Middle Odor Intensity: Medium

KEY USES

- Acne
- Anger
- Anxiety
- Bruises, burns, sunburn, cuts
- Convulsions
- Eczema and psoriasis
- Hair loss
- Headache and migraine
- Hiccups
- Hypertension
- Infection
- Insect bites
- Insect repellent
- Insomnia
- Inflammation
- Leukorrhea
- Muscle spasms
- Pain – arthritic, strains, sprains
- Palpitations
- Rash, itchy skin
- Scabies
- Scars
- Vaginitis
- Wounds

Aroma: Floral and herbaceous, clean

Blends well with: Most essential oils, especially geranium, Clary sage, pine, thyme, peppermint and all citrus

Properties: Antidepressant, anti-inflammatory, antiseptic, aphrodisiac, astringent, antivenom, emmenagogue, hemostatic, sedative, tonic.

Emotional concerns: Lavender is very balancing and calming to the nervous system and can soothe states of anxiety, irritability, anger, frustration, and compulsion. Lavender may be helpful in cases of manic depression.

Contraindications: Use with caution during pregnancy. Be sure to use only true lavender (*Lavandula augustifolia*). Other types of lavender have different properties and strong contraindications.

Lavender is one of the most useful of all essential oils. It is perhaps most famous for its ability to accelerate the healing of wounds and burns. Lavender is also useful for coughs, colds, and sore throats. It is an effective relaxant and sedative and may be useful; in cases of insomnia and nightmares.

Lavender essential oil is reputed to help with migraine headaches, and is often used in skin care products due to its healing, soothing, and moisturizing properties. The name “lavender” may have come from the Latin word *lavare*, which means “to wash,” because the Romans frequently used fragrant lavender in their bath waters.