

## Organic Lavender Highland – *Lavandula officinalis/angustifolia*

**Code:** OR010                      **Vol:** 10ML

**Country of Origin:** France (Barrême)

### About the oil

**Distilled From:** Steam distillation of the freshly cut flowering tops and stalks

**Aroma & appearance:** Fresh, floral, light sweet aroma. Clear to pale yellow in color.

#### Some beneficial ways of enjoying the oil:

- Lavender is the most widely used essential oil in aromatherapy, particularly for its relaxing properties. Try placing two drops on a handkerchief by your pillow when you are trying to sleep.
- As Lavender blends very well with many other oils, try the following: 3 drops of Lavender, 3 drops of Mandarin and 1 drop of Geranium in a teaspoon of Sweet Almond oil added to a warm bath before a long, relaxing soak.

Our Lavender grows at around 1,000 meters in the foothills of the Alps in the Provence region of France. It has a 44% Linalyl Acetate content indicating a superior quality oil. Its overall Ester content is 50-52%, which gives this exceptionally fine oil its gentle, rounded aroma.

#### Did you know?

The plant name is derived from the Latin 'Lavare' – to wash, probably from its use to cleanse wounds!

**Key Search words:** Relaxing, soothing, skin care, antiseptic and antiviral.

#### Safety Data

Do not use Lavender at all during early pregnancy and only specialist advice thereafter.

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