

Organic Lavender- (High Altitude) – *Lavandula officinalis/angustifolia*

Code: OR010 **Vol:** 30ML

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.
