

Lavender Flower

Use Lavender to help with acne, burns, cold sores, eczema, rheumatism, and wounds. This herb is from the *LAMIACEAE* family. It is from the Latin meaning, "To Wash". This herb is native to Eastern Europe, and is still commercially grown in Bulgaria, Russia, and Australia. The flowers and leaves of this plant are used medicinally. This plant has flowers that grow in whorls, and it can grow up to 3 feet high.

Lavender is an effective herb for headaches, especially when they are related to stress. Lavender can be quite effective in the clearing of depression, especially if used in conjunction with other remedies. As a gentle-strengthening tonic of the nervous system, it is used in states of nervous debility and exhaustion. Use it to soothe and promote natural sleep. Externally the oil may be used as a stimulating liniment to help ease the aches and pains of rheumatism.

Usage

- ❑ May be used in carrier oils, scrubs, masks, muds, body wraps, and hydrotherapy treatments.
- ❑ Amount will vary depending on treatment.