

Lavender, French - *Lavandula officinalis*

Code: T180 **Vol:** 10ml

Country of Origin: France

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:

- To help unwind after a busy day, try blending 5 drops of Lavender with 10ml of Peach Kernel oil, add to a bowl of warm water and soak the feet for 15 minutes. For the finishing touch, pat dry and massage in the remains of the blend.
- For an all-over approach, blend 4 drops of Lavender and 2 drops of Sweet Marjoram with 10ml of Coconut oil, swirl into warm bath water and lie back and forget your worries for half an hour.
- Lavender blends well with most other essential oils. Try 3 drops of Lavender, 1 drop of Frankincense and 2 drops of Bergamot in a burner or diffuser to soothe and refresh the mind.

Also known as Clonal Lavender, this Lavender grows at low altitude in the Provence region of France. It has a lower ester content than High Altitude Lavender, giving it a slightly more pungent and earthy aroma, which some people prefer. Lavender is a gentle oil and is the most versatile in aromatherapy.

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.
