

Lavender

Lavandula angustifolia 15 mL

dōTERRA®

PRODUCT INFORMATION PAGE



CP TG Certified Pure Therapeutic Grade®

Application: Plant Part:
A T I N Flower

Extraction Method:
Steam distillation

Aromatic Description:
Powdery, floral, light

Main Chemical Components:
Linalool, linalyl acetate

PRIMARY BENEFITS

- Widely used for its calming and relaxing qualities
- Soothes occasional skin irritations
- Helps skin recover quickly
- Eases muscle tension

PRODUCT DESCRIPTION

Lavender has been used and cherished for centuries for its unmistakable aroma and myriad of therapeutic benefits. In ancient times, the Egyptians and Romans used Lavender for mummification, bathing, relaxation, cooking, and as a perfume; its ability to calm and soothe the mind and body continue to be Lavender's most notable qualities. Lavender is frequently used to soothe skin irritations and help skin recover quickly. Applying Lavender to the back of the neck and temples helps reduce muscle tension. Inhaling Lavender promotes relaxation and a restful night's sleep, making it an ideal oil to diffuse at bedtime and when stress levels are high. Due to Lavender's versatility and soothing properties, it is considered the must-have oil to have on hand at all times.

USES

- Add a few drops of Lavender to pillows, bedding, or bottoms of feet for a restful night's sleep.
- Keep a bottle of Lavender on hand for minor burns, cuts, and scrapes.
- Freshen your linen closet, mattress, car, or the air by combining Lavender with water in a spray bottle.
- Add to bath water to soak away stress or apply to the temples and the back of the neck to ease muscle tension.
- Use in cooking to soften citrus flavors and add a flavorful twist to marinades, baked goods, and desserts.

DIRECTIONS FOR USE

Diffusion: Use three to four drops in the diffuser of your choice.

Internal use: Dilute one drop in 4 fl. oz. of liquid.

Topical use: Apply one to two drops to desired area. Dilute with dōTERRA Fractionated Coconut Oil to minimize any skin sensitivity. See additional precautions below.

CAUTIONS

Possible skin sensitivity. Keep out of reach of children. If you are pregnant, nursing, or under a doctor's care, consult your physician. Avoid contact with eyes, inner ears, and sensitive areas.

