



## Lavender “Universal Healer”

*Lavandula angustifolia*

### **Body/Emotional/Other Benefits**

Lavender essential oil is:

- Analgesic – pain relieving
- Anti-bacterial – helps to control bacteria
- Anti-convulsive – helps to arrest or control convulsions
- Antidepressant – uplifting, dispels anxiety and depression
- Anti-fungal – helps control fungal growth
- Anti-inflammatory – reduces inflammation
- Antiseptic – helps to control infection
- Antispasmodic – prevents and eases spasms and relieves cramps
- Anti-viral – helps to control viruses
- Carminative – settles the digestive system
- Decongestive – relieves or reduces congestion
- Deodorant – destroys odor
- Restorative – restoring and reviving health
- Sedative – reduces functional activity, calming
- Relaxant – soothing, causing relaxation
- Tonic – strengthens and improves the performance of the body

Lavender deservedly has a reputation for being something of a cure-all. It is beneficial for: allergies (including hay fever); chilblains; cystitis; bowel and digestive disorders including colic, nausea, vomiting and flatulence; measles; pain relief from arthritis and rheumatism, lumbago, sports injuries, muscle aches and pains and period pain; relief from the itching of insect bites; lice; skin disorders such as abscesses, acne, dandruff, dermatitis, eczema, oily skin, psoriasis, boils and carbuncles; excellent and rapid skin healing properties on bruises, burns, sunburn,



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sores, cuts and grazes.

### ***Suggested Use***

Dilute 10 drops in 1 oz carrier oil or lotion for application to the skin or in the bath. For steam inhalation use 4 drops in 2 cups of hot water.

Use lavender in a carrier lotion for treating any skin condition. It is particularly helpful where there is a possible infection due to its antiseptic properties. It is a must-use essential oil on burns and insect bites and stings.

Use two to three drops of lavender in a Kasia H2EO® AirCare Ultrasonic Diffuser for an unrivaled aid to sleep, to lift your mood, keep moths away and act as an air-freshener.

### ***Chemical Constituents***

cis- and trans-beta-ocimene, lavandulyl acetate, linalool, linalyl acetate

### ***Precautions***

Best avoided in the first three months of pregnancy unless under the supervision of a qualified aromatherapist.

Our distiller growers provide GCMC traces to us to ensure authenticity and therapeutic quality.  
Kasia products are not intended to diagnose, cure or prevent any disease.



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