

LAVENDER

PRODUCT INFORMATION PAGE



Product Summary

Lavender is one of history's most celebrated and versatile essential oils. It is steam distilled from *Lavandula angustifolia*, a perennial, bushy shrub with a flowery top. Historically, Greeks used lavender as a perfume. The Romans used it in their baths for washing, for its cleansing qualities, and to deter insects.* The Egyptians used lavender as an ingredient in incense and perfume. Queen Elizabeth I used it in her tea to soothe tension.

The many plant constituents in lavender essential oil contribute to a vast range of usage. Today, we use lavender as a tea and to cleanse, support normal sleep, ease occasional depressed moods, soothe sun-exposed skin, and reduce stress.* Lavender oil is one of the safest essential oils and can be applied neat to the skin. The benefits of lavender essential oil are limitless, and modern research will continue to yield new and exciting uses for this amazing plant.

Primary Benefits

- Balances normal body functions*
- Supports normal sleep*
- Cleanses skin irritations*
- Soothes and relaxes the mind and body*
- Eases bodily tension and stress*

Supplement Facts

Serving Size: 2 drops
Servings Per Container: About 125

| Amount Per Serving | %DV |
|--|-----------|
| Lavender (<i>Lavandula angustifolia</i>) [†] flowering top | 120 mg ** |

** Daily Value (DV) not established.

Who Should Use Lavender Essential Oil?

- Those seeking a calming, relaxing influence and a break from hectic daily activities
- Those looking for improved support for healthy skin*
- Those looking for a lift in mental acuity and concentration

Suggested Use

- **Dietary:** Add to food or rice milk as a dietary supplement.
- **Topical:** Apply 2–4 drops topically to skin irritations, cuts, or as needed.
- **Aromatic:** Diffuse up to 1 hour 3 times daily or inhale directly for aromatherapy.

Cautions

- Keep out of reach of children.
- If you are pregnant, nursing, taking medication, or have a medical condition, consult a health professional prior to use.

Did You Know?

- Young Living has three farms that grow lavender, located in Utah, Idaho, and France.
- Inhaling lavender essential oil soothes and relaxes the body and mind.
- French scientist Rene Gattefosse was the first modern scientist to document lavender's more dramatic skin applications.*
- In ancient Greece, Pedanius Dioscorides, a physician, pharmacologist, and botanist, extolled the many qualities and uses of lavender.

Complementary Products

- St. Maries Lavender Essential Oil
- Idaho Balsam Fir Essential Oil
- Lavender Hand & Body Lotion
- Lavender Bath & Shower Gel
- Lavender Shampoo
- Lavender Conditioner
- Lavender Mint Daily Shampoo
- Lavender Mint Daily Conditioner
- Lavender-Rosewood Moisturizing Bar Soap
- Lavender Foaming Hand Soap
- Lavender Lip Balm

Key Scientific Studies

- Motomura N, Sakurai A, Yotsuya Y. Reduction of mental stress with lavender odorant. *Percept Mot Skills*. 2001 Dec;93(3):173–8.
- Lis-Balchin M. *Aromatherapy Science: A guide for healthcare professionals*. Great Britain: Pharmaceutical Press. 2006:219-226.

Product Information

Lavender Essential Oil—15 ml
Item No. 3575

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.