



# Lavender Essential Oil

by  
*The Reformed Bohemian*



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Find out more at [www.reformedbohemian.com](http://www.reformedbohemian.com)



# Lavender Essential Oil

Lavender oil has a clean light floral scent and is one of the most versatile oils and is a good oil to have on hand as a staple essential oil because it can be used for such a variety of problems.

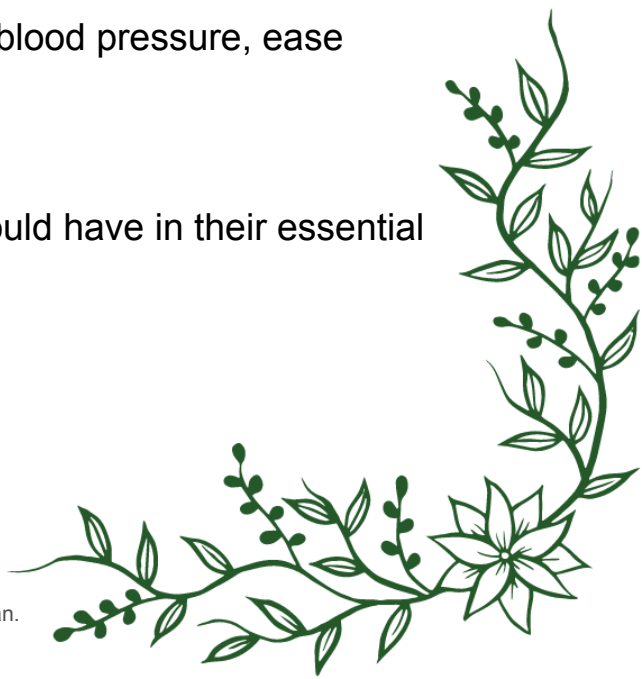
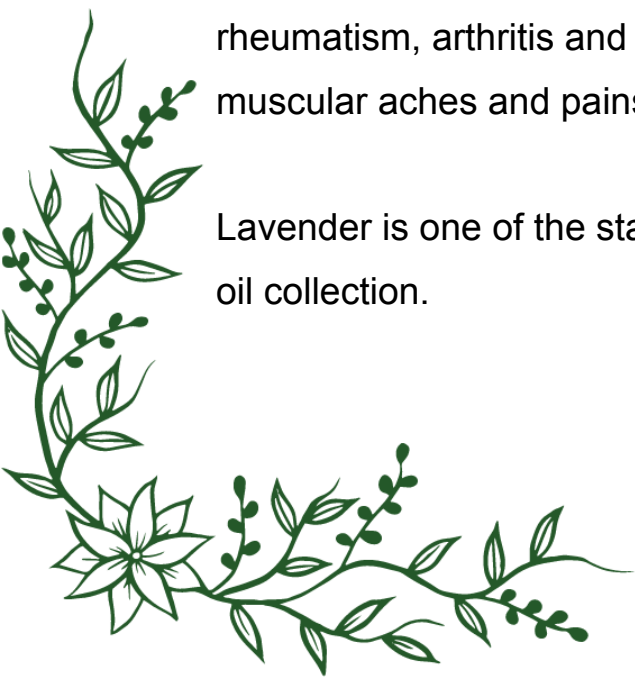
## ***About Lavender***

Lavender is one of the most common and versatile essential oils, most people will have heard of and have owned some lavender based products at some time. Although most of the products commonly sold are made with Lavender fragrance not essential oil so lack many of the healing properties found in essential oils.

Lavender healing properties demonstrate why this oil is so useful to have around. It's a highly antiseptic, analgesic, anti-rheumatic, anti-viral, anti-depressant, decongestant oil that can be used for a multitude of conditions such as soothing burns including sunburn, wounds and skin infections, acne, eczema, dermatitis. It can also be used to relieve symptoms of colds, flu, headaches

But it doesn't stop there Lavender can help to reduce stress, ease insomnia and lift moods as well as providing relief for conditions such as rheumatism, arthritis and help to lower high blood pressure, ease muscular aches and pains.

Lavender is one of the staples everyone should have in their essential oil collection.



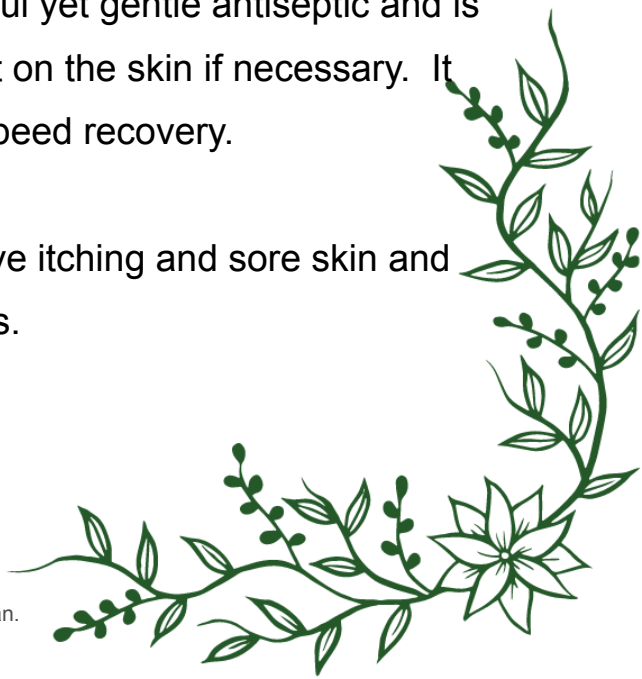
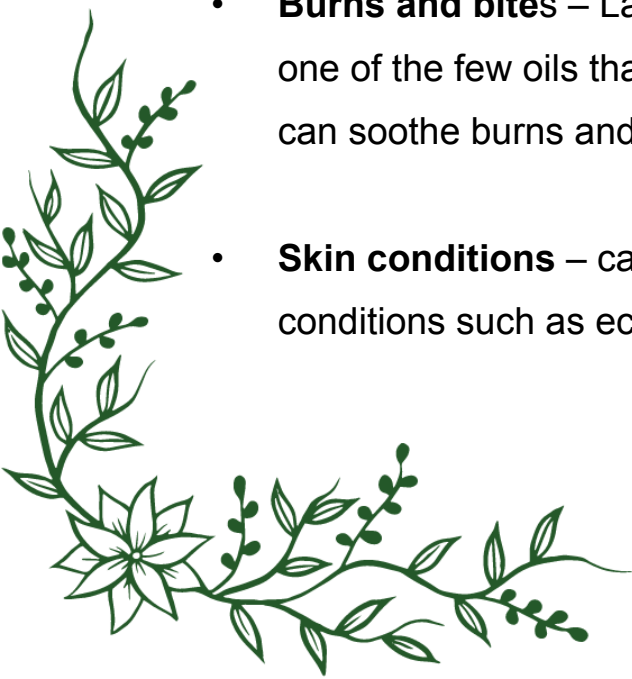
# Healing Properties Of Lavender Essential Oil

Lavender is one of the most versatile oils and has the following healing properties:

## Properties

*Highly antiseptic, analgesic, anti-rheumatic, anti-viral, antidepressant and decongestant.*

- **Muscle and joint pain** – due to its analgesic and anti-rheumatic properties it is excellent for easing the symptoms of arthritis and rheumatism as well as aching and stiff muscles.
- **Insomnia** – can calm and soothe the mind and aid in a restful night's sleep.
- **Digestive system** – Lavender is beneficial for aiding the digestive system.
- **Respiratory conditions** – can be used to ease symptoms of colds, asthma and bronchitis.
- **Burns and bites** – Lavender is a powerful yet gentle antiseptic and is one of the few oils that can be used neat on the skin if necessary. It can soothe burns and insect bites and speed recovery.
- **Skin conditions** – can soothe and relieve itching and sore skin and conditions such as eczema and psoriasis.



- **Headaches** – can ease the symptoms of headaches and migraines.
- **Stress and tension** – can calm, soothe and clear the mind.
- **Depression and anxiety** – can lift depression and low mood and help relieve anxiety.
- **Allergies** – relieves symptoms associated with allergies such as hayfever.



# ***Ways to use Lavender Essential Oil***

## **Diffuse**

- Lavender essential oil can be used in diffusers or oil burners. Using Lavender essential oil in this way is particularly beneficial in relieving allergies, insomnia, hayfever, depression, anxiety, nightmares, nervous tension and calms and relaxes creating an uplifting atmosphere. Lavender also makes a good natural insect repellent.

Diffuse 1 - 3 drops of Lavender essential oil in an oil burner or diffuser.

## **Massage**

- Massage is a great way of relaxing the body and mind and easing aching muscles. Juniper essential oil can be particularly beneficial in breaking up the toxins and fatty tissue that cause cellulite.

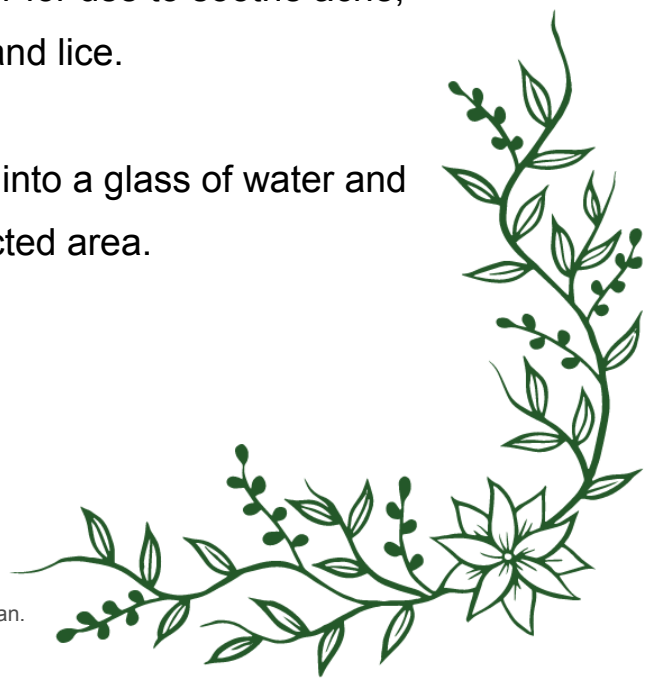
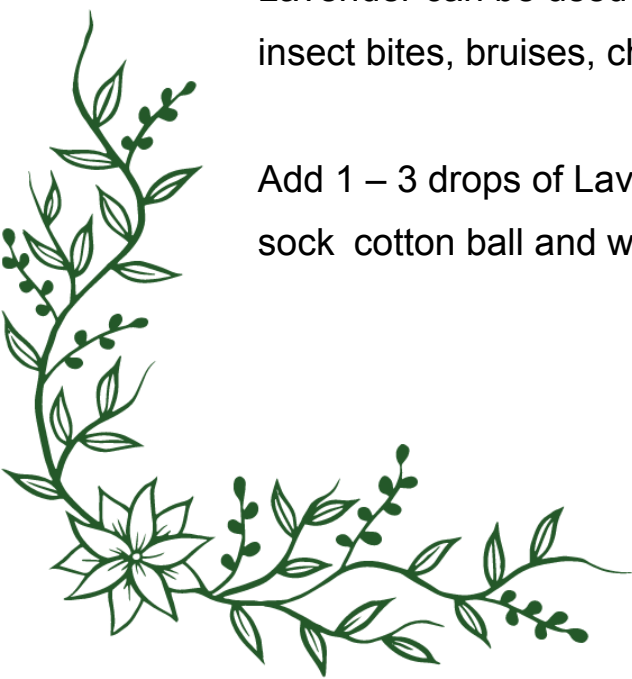
Adults - up to 7 drops of Lavender essential oil in 1 tbsp of carrier oil

Children over 2 years old - up to 3 drops of Lavender essential oil in 1 tbsp of carrier oil.

## **Wash/Cleanser**

- Lavender can be used as a wash/cleanser for use to soothe acne, insect bites, bruises, chilblains, dandruff and lice.

Add 1 – 3 drops of Lavender essential oil into a glass of water and sock cotton ball and wiping over the infected area.



## Cream

- Adding a few drops of Lavender to a base cream is a great way of creating an all-purpose antiseptic cream that can be used to treat minor cuts and scrapes and to soothe skin conditions such as psoriasis, eczema, acne and boils and soothe burns including sunburn. Lavender helps the skin heal faster and with less scarring. Lavender can reduce itching from bites and stings.

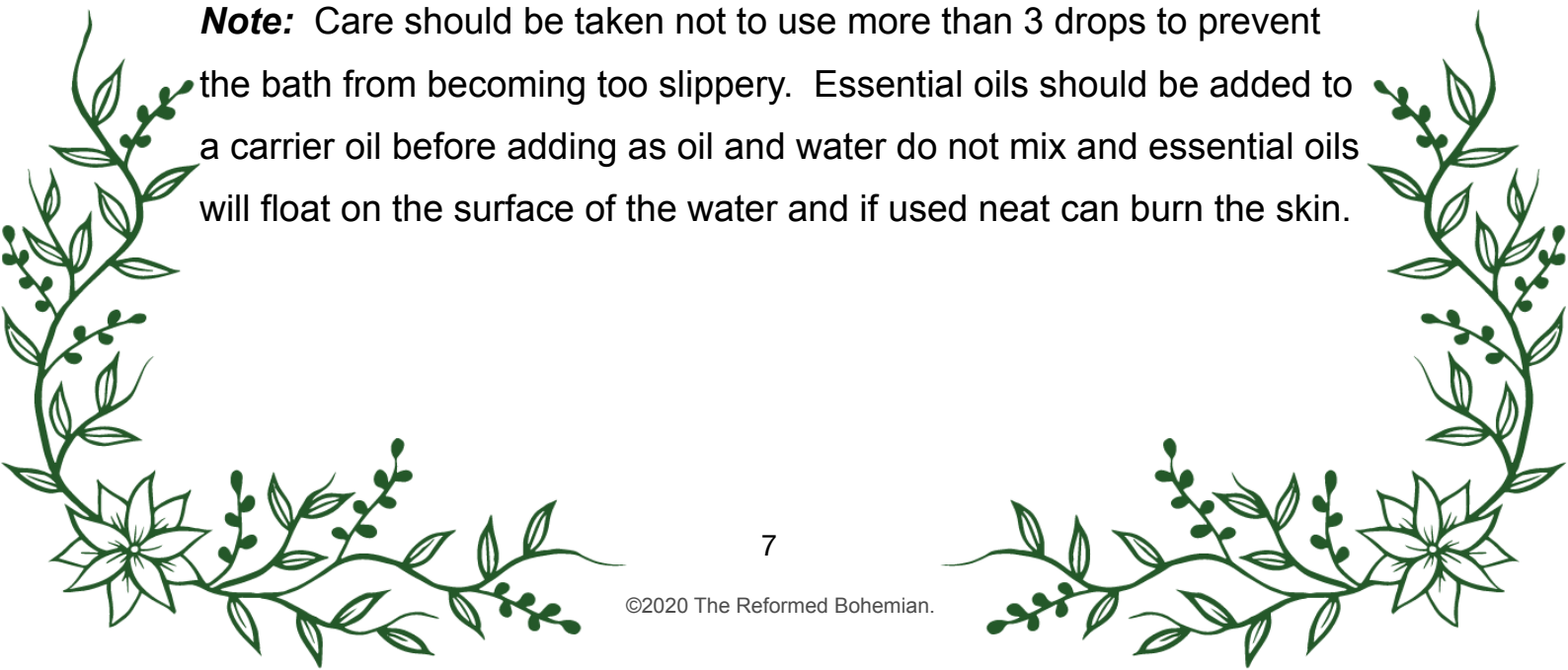
Add up to 12 drops of Lavender essential oil to 30 ml of base cream.

## Bath

- Lavender essential oil can be added to a warm bath to relieve muscle aches and menstrual pains. It can also relieve pain associated with arthritis and rheumatism and can soothe abdominal pains, allergies, fatigue, insomnia, anxiety, depression, irritability, nervous tension, stress creating a pleasant relaxing aroma to ease away the tensions of the day.

Add 1 - 3 drops of Lavender essential oil to a warm bath.

**Note:** Care should be taken not to use more than 3 drops to prevent the bath from becoming too slippery. Essential oils should be added to a carrier oil before adding as oil and water do not mix and essential oils will float on the surface of the water and if used neat can burn the skin.





## Blends

Whilst most essential oils can be used together some oils can overpower other oils. Lavender goes particularly well with oils such as:

- Cedarwood
- Peppermint
- Frankincense
- Vetivert
- Bergamot
- Clary Sage
- Clove Bud
- Chamomile
- Eucalyptus
- Cypress
- Thyme
- Lemongrass





## Side Effects

Essential oils should not be used internally unless under the supervision of an aromatherapist.

There are no apparent warnings associated with Lavender, it's one of the few oils that can be applied directly to the skin.

Pets can be particularly sensitive to the effects of essential oils and can even be toxic so where possible should either be avoided or used where a pet is able to go into another room for example Lavender is one such oil.



## About *The Reformed Bohemian*

For over 20 years I worked in Health and Social Care, my aim has always been to support and provide people with the inner resources to be the best they can be both mentally and physically. I spent years studying and working my way through and up the conventional system of mental health and well-being. I went through the 'normal' academic route first as an undergrad and then post grad. But far from feeling accomplished and at the top of my profession I felt disillusioned.

So, I went back to my roots and found alternative treatments that didn't just treat and at best masked the symptoms but provided real, long term solutions. I went back and re-focused my studies in Naturopathy and became a certified Herbalist, Flower Remedy Therapist, Aromatherapist, Holistic Nutritionist, Neurolinguistic Programming Practitioner and Holistic Skincare Therapist. I hope by sharing my experiences and knowledge I can help others on their journey into natural healthcare.

You can find out more by visiting me at [www.reformedbohemian.com](http://www.reformedbohemian.com)





# *The Reformed Bohemian*

*Health & Well-Being Powered By Nature*



Find out more at

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