

*Lavandula angustifolia*/*Lavandula officinalis*

## LAVENDER

**L**avender is probably the most versatile and widely used essential oil. Deriving its name from the Latin *lavare*, to wash, it may have been used by the Romans in bath water. Due to its sedative nature, lavender has long been recommended as a folk remedy for insomnia, for example in herbal pillows. Recently it has been employed in many hospitals to help patients relax and sleep better.

SCENT  
Sweet, floral, herbaceous,  
stimulating, piercing

NOTE  
BASE MIDDLE TOP

EXPENSE RATING  
\*

CAUTIONS  
See page 16.



**Main constituents:** *linalyl acetate*, *linalol*, *caryophyllene*, *lavandulyl acetate*, *cineol*, *geraniol*

## THERAPEUTIC PROPERTIES

Lavender is used primarily for its sedative and antiseptic properties. *Lavandula officinalis* and *L. angustifolia* are known as true lavender and yield the finest oil, while *L. latifolia* and *L. fragrans* hybrids yield more oil, albeit with less sedative properties. In 1910, René Maurice Gattefossé, a

French perfumer and chemist, rinsed his hands in lavender essence, thereby halting the onset of gangrene which had developed from a burn. His swift and successful recovery was a catalyst for research into the properties of essential oils.

## ACHES &amp; PAINS

Analgesic, anti-spasmodic. Use in a massage blend or add diluted oil to the bath to relieve muscular aches and pains. Excellent as a headache remedy; simply massage a little oil slowly and gently around the temples.

## RESPIRATORY PROBLEMS

Inhale to speed recovery from colds, bronchitis, influenza and throat infections. Use in a stimulating chest massage to relieve congestion.

## SKIN &amp; BEAUTY

Antiseptic; use to treat acne and eczema (see pages 108–9), to soothe insect bites and stings, to clean and disinfect cuts and sores, and to help heal minor burns (see pages 102–3).

THE FLOWERING  
tops are distilled  
to extract the oil.



*Lavandula  
angustifolia*

## EMOTIONS &amp; MIND

Sedative and calming, lavender is the perfect oil to treat insomnia. Use in a massage blend, diluted in the bath, or put a drop on your pillow.

## OIL COMBINATIONS

Marjoram



Citrus oils



Frankincense



MARJORAM enhances lavender's sedative effect, citrus oils increase its floral quality, and frankincense heightens its soothing and expectorant properties.

## BACK MASSAGE



A soporific massage with lavender oil can help induce sleep (see pages 48–53).