



## Lavender

Lavandula angustifolia

### Product Information

Lavender essential oil is a concentrated, aromatic oil extracted from the flowers of the lavender plant, scientifically known as *Lavandula angustifolia* or *Lavandula officinalis*.

Lavender is a popular and versatile herb known for its pleasant fragrance and various therapeutic properties. The essential oil is obtained through a process called steam distillation, where the lavender flowers are heated, and the steam is collected and condensed to separate the oil from the water.

The oil contains a complex mixture of chemical compounds, including linalool, linalyl acetate, 1,8-cineole, and camphor, among others, which are responsible for its distinct aroma and potential health benefits.

#### Research: Lavender

<https://pubmed.ncbi.nlm.nih.gov/?term=Lavender>

#### Research: Linalool

<https://pubmed.ncbi.nlm.nih.gov/?term=linalool>

#### Cineole

<https://pubmed.ncbi.nlm.nih.gov/?term=menthol+therapeutic>

#### Linalyl acetate

<https://pubmed.ncbi.nlm.nih.gov/?term=linalyl+acetate%2C>

### Uses and Benefits

1. Relaxation and stress relief: Lavender oil is known for its calming properties, helping to reduce anxiety, stress, and promoting relaxation. Inhaling the aroma can have a positive impact on mood and mental well-being.
2. Sleep aid: Many people use lavender essential oil to improve sleep quality and alleviate insomnia. Diffusing the oil or adding a few drops to a pillow can create a calming environment conducive to restful sleep.
3. Pain relief: Topical application of diluted lavender oil may help alleviate minor pains and muscle aches due to its anti-inflammatory and analgesic properties.



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4. Skin care: Lavender oil is known for its skin-soothing properties and is often used in skincare products to address issues such as dryness, irritation, and acne. However, it's essential to use it properly and with caution, especially when applying directly to the skin, as it may cause irritation in some individuals.
5. Insect repellent: Lavender oil has natural insect-repelling properties and can be used to deter mosquitoes, flies, and other pests.

### Responsible cautions

- While lavender essential oil has numerous potential benefits, it's essential to use it safely and responsibly. Always perform a patch test before applying it to a larger area of the skin
- If you have any pre-existing health conditions or concerns, consult with a qualified healthcare professional or aromatherapist before using essential oils, including lavender, for therapeutic purposes.
- If you are pregnant, nursing, or under a doctor's care, consult your healthcare provider prior to use.
- Store away from sunlight, at room temperature, with the lid securely tightened.

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