

# Lavender Essential Oil (Lavendula Officinalis)

This is the most versatile of all essential oils and it is one of only two oils that can be applied directly to the skin without diluting (the other one is Tea Tree).

## Lavender essential oil is

- analgesic (pain killer)
- antiseptic
- antidepressant (lifts your mood)
- sedative (helps you sleep)

and it can restore unbalanced states in both mind and body.

## Uses for lavender essential oil

### Minor burns and injuries

because it's

- antiseptic
- analgesic
- it also promotes rapid healing & prevents scarring, due to its ability to create new skin cells.

### Headaches

because it's

- analgesic
- sedative

Simply massage into your temples, or use it with peppermint oil on a cold compress for your forehead or the back of the neck.

### Skin conditions like acne or eczema

because it's

- analgesic
- antiseptic

blend it in creams, oils or gels to apply.

### Coughs, colds and catarrh

because it's

- antiviral

(best inhaled in steam if possible).

### Relaxing

Its calming, balancing, pain relieving properties are great for hands-on therapy, or add it to your bath. Once your bath is at the right temperature, add a few drops to the water and give the oil at least ten minutes to absorb into your skin and work its magic.

Lavender blends well with other flower oils, like geranium and citrus oils such as bergamot.

It's both balancing and normalising and that's why it's such a versatile oil but please make sure you purchase **100% pure lavender essential oil** and not an adulterated version.

Thanks to Jacqui Roberts at Sunnybank for putting this guide together. Jacqui graduated in Aromatherapy over 20 years ago and is a member of the Federation of Holistic Therapists.

**Persona**  
We're all about you

