



## LAVENDER OIL

### Applications:

**A= Aromatic(smell).** **Inhalation:** Inhale directly from bottle. Apply oil to hands, tissue, or cotton wick and inhale. **Diffusion:** Use a cold diffuser to disperse oil into the air.

**T= Topical. Direct Application:** Apply 1-2 drops of oils directly on desired location and/or on bottom of feet.. **Children:** Dilute with fractionated coconut oil before applying. 1/3 essential oil for smaller children and 1/2 for older children.

**I= Internally.** Place 2-4 drops of lavender in a veggie capsule and swallow. Or place 1-2 drops in a cup of water before drinking.

### Common Uses:

(A) Addictions, (A,T,I) Allergies (Airborne), (T) Allergies (Skin), (A,T) Anxiety, (T) Blisters, (T) Burns, (A,T) Calming, (T) Chapped Lips, (T) Chicken Pox, (A) Poor Concentration, (A) Crying, (T) Dandruff, (A,T) Depression, (T) Hives, (T) Dry Skin, (I,T) Gas/Flatulence, (A) Grief/Sorrow, (T) Hair Loss, (A,T) Insomnia, (T) Itching, (T) Mastitis, (T) Mosquito Bites, (T) Pain, (T) Parkinson's Disease, (T) Rashes/Nappy Rashes, (A,T) Postpartum Depression, (A,T) Relaxing, (T) Scarring, (A,T) Sedative, (T) Seizure, (A,T) Sleep, (A,T) Stress, (T) Stretchmarks, (T) Sunburn, (T) Teething pain, (T) Thrush, (T) Vertigo, (T) Wounds & (T) Wrinkles.

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