

LAVENDER (Population)

Lavandula angustifolia

Incredible restorative tonic

Source:	France
Extraction:	Steam distillation of fresh flowering tops.
Blending Factor:	7
Odour Note:	Middle

Characteristics:

Lavender is a pale yellow fluid with sweet, floral, herbaceous aroma and fresh woody, balsamic undertones.

Safety Precautions:

Nontoxic, non-irritating and non-sensitising. Lavender should not be used in the first 3 months of pregnancy, but can be used later but at a 1% dilution.

History:

This essential oil is native to the Mediterranean region. Main producers are Bulgaria and France. The Population Lavender is raised from seed, yielding 30-40% less oil than the cultivated lavender clones normally used. It thus commands a higher price but produces an oil of superior fragrance and therapeutic properties.

It has a well established folk lore and tradition of comforting, reviving and soothing - and admirable record as a restorative tonic against nervous related disorders and in topical application for toothache, neuralgia, sprains and rheumatism. It has also been successfully used for the treatment of wounds, sores, varicose ulcers, burns and scalds.

Therapeutic Actions:

Analgesic, anticonvulsive, antidepressant, antimicrobial, anti-rheumatic, antiseptic, calmative, cholagogue, cordial, deodorant, emmenagogue, hypotensive, nervine, restorative, sedative, sudorific, tonic, vulnerary

Enhances:

Comfort, healing, calmness, relaxation, balance, spirituality, rejuvenation, protection and reconciliation.

Reduces:

Stress, depression, insomnia, tension, migraine, PMS, painful menstruation, panic, shock

Uses:

Genito-Urinary: PMT, difficult/painful periods

Nervous system: Migraines, faintness, shock, stress, neuralgia, sciatica

Skin: Eczema, dermatitis, cuts, wounds, bruises. Dry, mature, sunburn, scars, stretch marks

Circulation, Muscle/Joints: Lumbago, muscular aches & pains, rheumatism.

Respiratory: Asthma, bronchitis, catarrh, laryngitis, throat infections.

Methods for use:**Massage**

Use no more than 10 drops of essential oil to 20ml of carrier oil (Sweet Almond). A blend can have the combination of several essential oils, 3 different essential oils is a good balance. But the total drops of the essential oils should be no more than 10 drops. (The above dilution is 2 ½% ie the drops equal half the carrier oil).

Bath

Add 5 to 10 drops of essential oil to a full bath and agitate to disperse.

Vaporiser

Place 5 to 8 drops of essential oil on to the top of your Tri Nature vaporizer dish. If candle vaporisers are used, the oil should be added to water in the vaporizer pan.

Footbaths

Are simple and easy to use, but very effective as the skin on the soles of the feet absorb the essential oils quickly. Add 3 to 4 drops of essential oils in a bowl of hot water.

Blends well with:

Bergamot, Cedarwood, Roman Chamomile, Clary Sage, Geranium, Orange, Patchouli, Pine, Palmarosa, Rosemary, Rosewood, Thyme, Vetiver and Ylang Ylang.

Period Pain Rub		Sleep time - Bath		Nappy Rash	
Lavender	7	Lavender	4	Chamomile	2
Clary Sage	5	Petitgrain	3	Lavender	2
Peppermint	2	Chamomile	1	Total drops	4
Total drops	14	Total drops	8	Evening Primrose	5ml
In Carrier Oil	28 ml	Or Dispersant	5 ml	Cream – plain	30 ml
Or compress but ½ the above drops (7)		Or Vaporiser			