

Essential Oil of Lavender

Young Living Therapeutic Grade Essential Oil



Calming, relaxing, and balancing, both physically and emotionally. Improves concentration and mental acuity.

History

The French scientist Rene Gattefosse was the first to discover lavender's ability to promote tissue regeneration and speed wound healing when he severely burned his arm in a laboratory explosion. Today, lavender is one of the few essential oils to be listed in the British Pharmacopoeia.

Medical Properties

Antiseptic, antifungal, analgesic, antitumoral, anticonvulsant, vasodilating, relaxant, anti-inflammatory, reduces blood fat/cholesterol, combats excess sebum on skin.

Uses

Respiratory infections, high blood pressure, arteriosclerosis, menstrual problems/PMS, skin conditions (acne, scarring, stretch marks), burns, hair loss, insomnia, nervous tension.

Fragrant Influence

University of Miami researchers found that inhalation of lavender oil increased beta waves in the brain, suggesting heightened relaxation. It also reduced depression and improved cognitive performance (Diego MA, et al., 1998). A 2001 Osaka Kyoiku University study found that lavender reduced mental stress and increased alertness (Motomura, 2001).

Applications

Apply 2-4 drops on location, apply on chakras and/or vitaflex points, inhale directly, diffuse, take as a dietary supplement.