

LAVENDER

ESSENTIAL OIL

Cheatsheet

WHAT IS IT?

Lavender essential oil is steam distilled tops of the plants. It is also the most popular essential oil worldwide. It is most common items lavender is in linen sprays, perfumes, body scrubs and more! It is also the most versatile essential oils.

RELIEF

- ALLERGIES
- SUN BURNS
- RASHES
- STRESS
- JOINT PAIN
- COUGH
- HEADACHES
- LICE
- NAUSEA

IMPROVES

- WOUNDS
- DRY SKIN
- DANDRUFF
- HAIR LOSS
- ACNE
- COMPLEXION
- DARK CIRCLES
- WRINKLES
- SLEEP

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REMEDIES

- ALLERGIES - (ADD DROP TO BRIDGE OF NOSE)
- SUN BURNS - (2-4 DROPS TO SKIN)
- CUTS - (APPLY DIRECTING TO CUTS)
- RASHES - (ADD WITH COCONUT OIL AND APPLY TO RASH)
- STRESS - (DIFFUSE 20 MINS PER DAY)
- DANDRUFF - (APPLY DIRECTLY TO SCALP OR FEW DROPS TO SHAMPOO)
- DRY SKIN - (APPLY TO SKIN)
- SLEEP - (INHALE OR ADD 5-10 DROPS TO BATH)
- COUGH - (INHALE)
- JOINT PAIN - (ADD WITH COCONUT OIL THEN RUB ON AREA)
- HEADACHES - (APPLY TO TEMPLE AND BACK OF NECK)
- ACNE - (DAB ON SKIN)
- COMPLEXION - (1 TBS BROWN SUGAR, 1 TBS HONEY & FEW DROPS OF LAVENDER ON FACE)
- LICE - (ADD WITH COCONUT OIL, MASSAGE SCALP FOR 5-10 MINS)
- WRINKLES - (ADD 15 DROPS TO 1 OUNCE OF JOJOBA OIL & 5 VITAMIN E CAPSULES TO FACE TWICE A DAY)
- DANDRUFF - (APPLY 10-15 TO WARM OLIVE/ARGON OIL & MASSAGE FOR 5-10 MIN)

BONUS: It is complements dairy textures and fantastic flavor to baked goods like pound cakes. Try it in ice cream and jams.