

Lavender

LAVANDULA ANGUSTIFOLIA

Lavender is indicated for all skin types and can be used at any step in your skincare regimen. Lavender is beneficial for colds, flu, asthma, high blood pressure, and migraines.

COUNTRY OF ORIGIN

Native to the Mediterranean area, and is grown all over Europe, mainly from France.

EXTRACTION METHOD

Steam Distillation

PLANT PART

Flowers Tops

BOTANICAL FAMILY

Lamiaceae (Labiatae)

CHEMICAL FAMILY

Monoterpenols, Esters

AROMA

Floral, Fresh, Herbaceous, Sweet

NOTE

Middle

SAFETY

- Do not use it if you have low blood pressure.
- Safe to use with children with moderation and in low dilution.
- Avoid during the 1st and 2nd trimester of pregnancy.

Lavender is non-toxic, non-irritating, and non-sensitizing. Do not use during the first and second trimester of pregnancy.

THERAPEUTIC PROPERTIES

Lavender also has cytophylactic properties that promote rapid healing and reduces scarring. Lavender does an excellent job of balancing oil production in the skin and clearing blemishes, evens skin tone, and helps to hydrate dry skin.

ANALGESIC	ANTIFUNGAL	STIMULATES IMMUNE
ANTIBACTERIAL	ANTISEPTIC	SEDATIVE
ANTIBIOTIC	ANTISPASMODIC	AIRBORNE ANTIMICROBIAL
ANTI-INFLAMMATORY	ANTIVIRAL	ANTIRHEUMATIC
ANTICONVULSIVE	DECONGESTANT	CICATRISANT
ANTIDEPRESSANT	EMMENAGOGUE	CNS SEDATIVE
HEALING	DEODORANT	TONIC

BODY SYSTEMS

CIRCULATORY

HIGH BLOOD PRESSURE

ENDOCRINE

SLEEP TROUBLES

LIMBIC

STRESS AND ANXIETY, EMOTIONS

INTEGUMENTARY

SUNBURNS AND SCARS, CUTS AND BLISTERS

MUSCULAR

PAINS AND SPRAINS



BODY SYSTEMS (CONT.)

NERVOUS

FOCUS AND CONCENTRATION, HEADACHES AND MIGRAINES

RESPIRATORY

ALLERGIES AND HAY FEVER

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