

# Lavender

## Benefits of Lavender

- Promotes relaxation and restful sleep
- Eases tension, useful for headaches
- Improves ability to cope with stress
- Soothing and rejuvenating to the skin
- Eases skin irritations, blisters, cuts and scrapes
- Alleviates minor discomforts of menstruation – especially when combined with other essential oils
- Can be used in baked goods, marinades and desserts
- Antibacterial and anti-inflammatory



## Bulgaria and France

dōTERRA choose to source their Lavender essential oil from Bulgaria and France for its exceptional quality. Bulgaria is an agricultural haven for growing aromatic plants, and the people are rich in expertise. Near the Black Sea, the sunny and dry climate, coupled with the well-drained, sandy soil make the growing conditions in the country ideal. France is famous for producing exceptionally high-quality lavender plants. Some historians estimate that lavender production in France dates back as far as 600 BC.

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## Emotional Support

- The Oil of Communication
- Aids verbal expression
- Addresses deep fear of being seen and heard
- Encourages self-expression and speaking one's truth
- Helps with fear of rejection
- Encourages emotional honesty
- Uses: blocked communication, fear of rejection, feeling unseen or unheard, constricted, tension, emotional dishonesty, hiding, fear of self-disclosure

[www.enlightenhealing.com](http://www.enlightenhealing.com)

## dōTERRA blends - ClaryCalm and Serenity

Lavender is a key ingredient in these two soothing blends from dōTERRA. *ClaryCalm* comes as a rollerball and is designed for women - to help ease and soothe during menstruation. It has a cooling and soothing effect. *Serenity* comes as an essential oil or as softgels for internal use. It is known as *Restful Blend* and is designed to promote a restful night's sleep. It is calming and soothing for a baby or child as well as for adults.

**Serenity | Ingredients:** Lavender Flower, Cedarwood, Ho Wood Leaf, Ylang Ylang Flower, Marjoram Leaf, Roman Chamomile Flower, Vetiver Root, Vanilla Bean Absolute, Hawaiian Sandalwood Wood

**DIRECTIONS FOR USE:** AROMATICALLY: use 3-4 drops in a diffuser. TOPICALLY: apply 1-2 drops to desired area. Dilute with a carrier oil to minimize any skin sensitivity. INTERNALLY: take 1-2 softgels before sleep.

**EMOTIONAL USE:** The Oil of Tranquillity - assists with stress, emotional overload, agitation, restlessness, anxiousness, disconnected

**ClaryCalm (Monthly Blend for Women) | Ingredients:** Clary Sage Flower, Lavender Flower, FCF Bergamot Peel, Roman Chamomile Flower, Ylang Ylang Flower, Cedarwood Wood, Geranium Plant, Fennel Seed, Carrot Seed, Palma Rosa Herb, and Vitex Leaf/Berry essential oils

**DIRECTIONS FOR USE:** AROMATICALLY: inhale from the hands. TOPICALLY: apply to chest, abdomen or back of neck as needed.

**EMOTIONAL USE:** The Oil of Vulnerability - assists with invulnerability, guarded, closed, dread of menstruation or menopause

# How to use



- Few drops on pillows, bedding or bottoms of the feet for restful night's sleep
- Apply few drops to skin irritations directly
- Take 2 drops in a veggie capsule, twice daily to reduce anxiety and tension
- Add to water in a glass spray bottle to freshen bedding / linen cupboard
- Diffuse 5-6 drops to unwind at the end of the day
- Add 1 drop to shampoo for healthy looking scalp
- Combine few drops with aloe vera gel and apply after a day in the sun
- Combine with other oils, to apply topically, for menstrual cramps
- Add few drops to Epsom salts for a relaxing bath
- Apply lavender to the temples and back of neck to enjoy its relaxing aroma and melt away any tension
- Add in small amounts to marinades, baking and desserts
- Rub 2-3 drops on the outside of the throat to aid in confident, clear speech

## Rest-Well Diffuser Blend

Helps to calm active thoughts whilst falling asleep

2 drops Lavender  
2 drops Cedarwood  
2 drops Frankincense

For more help with ailments and how to use Lavender and other essential oils take a look at the book  
Advanced Oil Magic [www.oilmagicbook.com](http://www.oilmagicbook.com)