



DIFFUSION



TOPICAL



STEAM



BATH



INGEST

DILUTION TABLES

Drops of EO for 1 tsp. of carrier oil	
1%	1
2%	2
5%	5

PRODUCT DESCRIPTION

For many centuries, human beings have found definite medicinal and aromatic value in Lavender. In ancient Rome and Egypt, this product was utilized in bathing, cooking, mummification, and relaxation as well as a perfume.

Lavender is valued today because its clean, refreshing aroma can provide a sense of calmness and help you relax. It is often utilized for calming skin irritations as well as accelerating skin recovery. That makes Lavender a must for first aid kits because of its benefits and ability to minimize scarring.

PRIMARY BENEFITS AND SAMPLE USES

- » Relaxing and calming qualities
- » Reduces the appearance of wrinkles and acne
- » Aids rapid skin healing from scrapes, burns and sunburn
- » Promotes restful sleep when added to the bottom of your feet or bedding
- » Lessens muscle stress

DIRECTIONS

Steam Inhalation: Add 2-3 drops to a cup of steaming water and inhale.

Diffusion: Diffuse 3-5 drops or more in the Purely diffuser.

Topical: Dilute 1-2 drops with a Purely carrier oil before use according to the dilution table shown. Be sure to test for sensitivity.

Ingestion: When using as a supplement, add 1 drop per 4 oz. of liquid. Use no more than three times per day.

Freshening spray: Add 15-20 drops of Lavender oil to a spray bottle filled with 16 oz. of water and spray rooms or clothing to freshen.

PRECAUTION

Keep out of reach of children. Avoid contact with sensitive areas such as your eyes. If pregnant, nursing or have a medical condition, consult your physician before use. Store away from light and heat.

BLENDS WELL WITH

Bergamot, Eucalyptus, Grapefruit, Juniper Berry, Lemon, Lemongrass, Patchouli, Peppermint, Rosemary, Tea Tree, and Vetiver

COUNTRY OF ORIGIN France

EXTRACTION METHOD Steam distillation

SKU# 1003
retail: \$25

LAVENDER

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent diseases.



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