

# LAVENDER VERA

*Lavandula angustifolia*

Lavender Vera High Altitude is an increasingly rare and valuable essential oil. Grown and wild harvested from high in the mountains, it is becoming scarce due to weather and disease. It can be used in the same manner as Lavender Fine, but has an added benefit of increased ability to work at the emotional and energetic levels in a way that far exceeds other varieties of Lavender.

## THE DIVINE MOTHER

Lavender Vera High Altitude has a calming scent that makes it an excellent tonic for the nervous system. It helps with headaches and migraines, anxiety, depression, and emotional stress.

Lavender Vera High Altitude makes a beautiful relaxing bath and helps when suffering insomnia due to hectic lifestyle. Its refreshing aroma removes nervous exhaustion and prepares one for bed.

Lavender Vera High Altitude has many benefits to the skin and especially regenerative for older skin helping with wrinkles. Blends well with Rose oil and Frankincense. It is also helpful for hair care as it can be very effective lice and lice eggs and nits.

Available in: 10ml Bottle

## daily uses

### BATH

- Add 6-10 drops to ½ cup of Pink Himalayan or Dead Sea Salt and mix in warm bath and soak for 20 minutes to relieve the stresses of a hectic lifestyle.

### DIFFUSION

- Diffuse 10-15 drops through the day to repel insects, disinfect air, and balance emotions.

### INHALATION

- For restful sleep, place 1-2 drops on a tissue and place in pillowcase.
- Apply 2 drops on hands, rub, and inhale deeply as needed.

### TOPICAL

- Apply over bites and stings as needed.
- Apply over the heart, solar plexus, back of the neck and shoulders.
- Apply over minor burns that are not open wounds. If applied immediately it may help prevent blistering.
- Use 20-30 drops in 1 tablespoon of carrier oil and apply to scalp to treat lice. Leave on 10 minutes and then wash hair thoroughly.
- Layer with Frankincense and/or Rose for wrinkles.

### RESPONSIBLE CAUTIONS

Non-toxic, non-irritating, and non-sensitizing. Do not use with medications containing iodine or iron. If pregnant consult physician before use. Not recommended for diabetics.



## Essential Singles

## attributes

### PRODUCING ORGAN

Flowers and stalks

### EXTRACTION

Steam distillation

### COUNTRY OF ORIGIN

Bulgaria

### PROPERTIES

Analgesic, anti-emetic, antiseptic, antispasmodic, bactericidal, carminative, cephalic, expectorant, febrifuge, laxative, rubefacient, stimulant, stomachic, sudorific and tonic.



### QUALITY ASSURANCE

All goDésana essential oils are 100% Pure Therapeutic Grade that are Certified Organic and/or Wild-Harvested. They are sourced, formulated and approved by Alexandria Brighton. Oil samples, along with the Material Safety Data Sheets, Certification Documents and GC/MS Chromatography Documents, are sent to Alexandria for her approval prior to being shipped to goDésana.

