

Lavender Apothecary

Many cultivated Lavender plants are cloned (i.e. grown from cuttings taken from the hardiest, healthiest, most colorful and biggest plants with the high yield of good quality oil), the name of probably the most popular clone being *L. angustifolia* 'Maillette'. Clones contain only the constituents found in the source plant.'

Lavendula angustifolia contains mainly alcohols and esters. It is a calming oil recommended to induce sleep. However, an overdose has the opposite effect and can act as a stimulant – another indication as to the importance of safe use and dosing of these potent Essential Oils. It has been recommended by Dr. Jean Valnet for respiratory ailments, asthma, spasmodic cough (whooping cough), influenza, bronchitis, tuberculosis, and pneumonia due to its anti-inflammatory properties.'

Our Lavender comes from some of the finest French Lavender, known around the world for its quality and fineness of fragrance. Compare this true Lavender to what is commonly available and your nose will discern the difference this soft, sweet aroma has over the harsh, cheaper varieties.'



Most of the oil sold as Lavender without specifying that it is *Lavendula angustifolia* is most likely not true Lavender, but a hybrid called Lavandin. True Lavender is often diluted with Lavandin to increase profit. If not organic, Lavender contain herbicides, pesticides, and other potentially hazardous chemicals. Always look for the E.O.B.B.D. certification as your assurance of quality.'

According to Dr. Daniel Penoel, the message in true Lavender Essential Oil is primarily an emotional, not a physical, one. You cannot obtain the same emotional benefit from Lavandin as you do from true Lavender. Because of its unique chemistry, Lavender has a wonderful ability to help create balance between the analytical and the intuitive or emotional sides of our personalities.'

In high quality, true Lavender Essential Oil, the amount of Linalyl Acetate exceeds the amount of Linalool. The balance of the two components has a major influence on the effect of the Essential Oil. We find that true Lavender grown at high altitudes has a higher Linalyl Acetate content than Lavender grown at lower altitudes. Each makes an important contribution: the higher the Linalool content, the greater the calming action of the Essential Oil; the higher the Linalyl Acetate content, the greater stimulating, balancing, and harmonizing effect on the higher centers in the brain and mind.'

The role of esters is to unblock, unlock, and open. This opening effect on the mind helps in letting go of old stresses, problems, and irritations, while becoming more receptive to or more conscious of new and different realities. As in breathing, we exhale the used air and inhale the new, fresh air. In this case it is happening in the brain.'

By gently massaging the area of the back of the neck with Lavender oil diluted in good quality carrier oil, you can unblock and release significant amounts of tension. This is particularly true when using true Lavender Essential Oil. In fact, Linalool and Linalyl Acetate have a documented sedative effect that can be helpful at bedtime in cases of insomnia. Additional massage on the shoulders and on the feet will expand the calming effect and add to the overall relaxation.'

The Importance of Lavender

Lavender, known in France as the "Divine Mother", is often overlooked as an important medicinal Essential Oil. Yet it is one of the most frequently used Essential Oils along with Tea Tree. Lavender Essential Oil is unmatched in its nurturing and balancing abilities within all the systems of the body.'

As a known antimicrobial, it can kill airborne pathogens in the sinuses and the respiratory airways. It is analgesic and disinfecting when applied to insect bites or stings, soothes muscle aches, relieves headaches, and stimulates the immune system. Lavender is a nerve tonic and antidepressant, and can help alleviate stress.'

During the plague or "Black Death", the residents and field workers in the town of Bucklebury, England, were historically reported to have remained disease-free, even while others in nearby villages became ill. Bucklebury was, at that time, the center of Lavender growing and distillation production. Lavender, known since antiquity to be antimicrobial, has long history of supporting health and wellbeing.'

Pure Plant Promise

goDésana pure plant ingredients are never tested on animals, are always free of chemicals, synthetics, preservatives, stabilizers, potassium sorbate, phthalates, petroleum, sulfates, silicones, parabens, mineral oil, triclosan, and animal products.



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According to Dr. Jean Valnet, due to the anti-infectious properties in Essential Oils, the 19th century perfumery workers displayed a complete immunity to cholera outbreaks. French researcher Dr. P. Belaiche found Lavender effective against a type of pathogenic streptococcus often present in coughs and colds. Research studies performed at Cornell University have shown Lavender effective against certain antibiotic-resistant bacteria. Drug-resistant Streptococcus Aureus is destroyed by Lavender according to researchers.*

Bronchial conditions can also be viral and studies have shown that Lavender can effectively kill certain viruses, including the flu virus. Lavender has also proven itself as an effective fungicide, helpful in cases of thrush and Candida albicans. According to botanist James Duke, Ph.D., medicinal plants offer the best hope for confronting drug-resistant bacteria.*

Although Lavender may not be the strongest of the antibacterial Essential Oils, it is the safest to use with children, the elderly, and the infirm. Unadulterated, it rarely causes irritation or allergic reaction and is one of the few Essential Oils that can be applied neat (undiluted) to the skin. Lavender is a gentle, non-toxic Essential Oil and has a very low oral toxicity.*

Many children and their families are stuck in the cycle of chronic ear, nose, throat, and respiratory infections followed by an ongoing series of antibiotic drug treatments. These individuals, despite the recurring antibiotic use, never seem to get well. Physicians are still indiscriminately over-prescribing antibiotics to our children, who then suffer recurring lapses of these same illnesses. The antibiotics suppress the immune system, preventing it from learning how to manufacture the antibodies for these conditions.*

Make a dramatic change in your health and that of your children, make Lavender Essential Oil your first choice for your home medicine cabinet.*

Therapeutic Properties When Diffused In The Air Or Bath

Twenty to 25 drops of Lavender Essential Oil either in a hot bath or diffused in a room is an excellent remedy for bronchitis, asthma, laryngitis, catarrh, whooping cough, and influenza. Twenty to 30 drops in a bath or diffused during the day, or especially at night, will help relax anyone suffering from depression, headaches, hypertension, migraine, insomnia, nervous tension, premenstrual tension, abdominal cramps, and any stress-related problems. It is a good sleep aid. Fifteen to 25 drops in a warm bath can help those with rheumatic and muscular pains or a twisted ankle, etc. Diffused in a room it disinfects the air, repels insects, and helps balance the psyche by soothing any irritability and at the same time stimulation is activity. One to 2 drops on a tissue in a child's pillowcase will help ensure a good night's sleep by encouraging sweet dreams and deep relaxation.*

Therapeutic Properties When Taken By Mouth Or As A Steam Inhalation

Ten to 15 drops of Lavender Essential Oil taken by aerosol or 1 to 2 drops in a glass of water is an effective remedy for anyone with problems in the airways such as asthma, bronchitis, throat infections, laryngitis, bad breath, and whooping cough. One to 2 drops taken 4 to 5 times a day helps treat cystitis or any problems associated with the menstrual cycle, especially in the case of heavy or painful periods. Two to 3 drops taken before meals are useful to anyone feeling nauseous or suffering from flatulence, colic, abdominal cramps, or poor appetite. The same amount, but used as a steam inhalation in the evening, can help resolve any conditions associated with nervousness, premenstrual tension or stress, migraines, headaches, depression, hypertension, insomnia, or vertigo.*

Therapeutic Properties When Used For Massage And Applied Externally

Lavender Essential Oil mixed with a small amount of Borage Oil is well known for its capacity to speed up the formation of scar tissue and heal scalds, but mixed with Aloe Vera Oil, it is even better. Used neat, or mixed with Jojoba Oil, it is excellent for treating acne, boils, psoriasis, eczema, dermatitis, sores, inflammation, insect bites, and scalds. Diluted in Coconut Oil and rubbed into the scalp, it treats dandruff and gets rid of lice. An after-shower massage with Lavender Essential Oil that has been mixed with Borage Oil will help anyone suffering from rheumatic or muscular pains, lumbago, sprains, etc. The same blend gently rubbed onto the abdomen helps cramps and colic. Two to 3 drops rubbed slowly on the temples helps ease headaches and migraines. Applied neat to our animal friends, Lavender Essential Oil will protect them from insects and parasites. A few drops on a handkerchief or rubbed on the wrists provides a way to restore the psyche to its proper balance.*

Note: *Lavender should not be used in conjunction with any medicines that contain iodine and/or iron.*

Standards of Quality

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Lavender Bergamot

Ingredients: *Lavender, vera; Bergamot*

Lavender, with its own proven mood-lifting properties, blends particularly well with Bergamot. Known in aromatherapy as “Nature’s Prozac”, Bergamot is one of the best Essential Oils for depression. Blend equal portions of Lavender and Bergamot, or adjust to suit yourself or your client. Effective in a bath or used in a massage. Diffuse into the air or use in a spray mister to create an uplifting environment. You can carry a personal diffuser or apply 1 to 2 drops to a cotton ball and place in a sandwich bag to inhale whenever needed.*

Lavender Chamomile

Ingredients: *Lavender, vera; Chamomile, roman*

Lavender and Roman Chamomile is a prime blend for children. Both Lavender and Roman Chamomile have high esters and are very relaxing. This blend is safe for small children, and a back rub before bed is sure to relax and prepare your child for sleep. This oil blend is also very calming for stressed-out new mothers. We use this oil blend as a starting point for many of our children’s blends.*

Lavender Frankincense

Ingredients: *Lavender, vera; Frankincense*

Lavender and Frankincense is a blend particularly effective for the skin. We have had very good response on scarring, even when the scars are several years old. A good anti-inflammatory, Frankincense is well known as the face oil for aging and wrinkles. Combine with the cell-regenerative properties of Lavender, and you have a winning combination. Also effective as an after-sun lotion mixed in Jojoba Oil. Add to your favorite face cream or moisturizer, or dilute in Jojoba Oil and apply to the face.*

Lavender Jasmine

Ingredients: *Lavender, vera; Jasmine*

Lavender and Jasmine make a truly feminine blend, being both restorative and regenerative to the feminine psyche. This blend has the capacity to stimulate emotions. There is a little-known secret that lies behind the reason Lavender is dried, placed in bags, and used to keep linen drawer smelling sweet. It behaves like a girl’s best friend, helping her overcome tension and insecurity that are common during her first sexual experiences. The real objective of the Lavender Jasmine blend is to open up the heart, stabilize emotions, and strengthen the ego while retaining a woman’s basic sweet nature. Lavender nurtures a woman while the Jasmine can help heal any sexual abuse preventing her from giving and receiving love. During childbirth, this blend can be applied to the lower back and will help with the pain and stress of labor while allowing the mother to remain calm and centered. It can be used for massage, applied to the reflex points on the feet, added to a bath, or worn as perfume.*

Lavender Lemon

Ingredients: *Lavender, vera; Lemon*

Lavender and Lemon create a very pleasing and refreshing fragrance, and can be used in a diffuser or spray mister to purify the air. Lemon was tested and proven by Dr. Jean Valnet to be the number one choice as an antimicrobial for airborne pathogens. Lavender also has air purifying properties, and together they support the anti-infectious properties of each other creating what we call in Aromatherapy a synergy. Diffuse this blend when someone has come down with a cold or flu to keep the air purified and to help prevent the spread of germs. This blend would also be effective in cleaning products as a disinfectant.*

Lavender Oregano

Ingredients: *Lavender, vera; Oregano*

This unique blend has the powerful antiseptic properties of Oregano, with a carvacrol (phenol) content at 78 to 80%, and our gentle French Lavender. These two together create a phenomenon known in the natural world as “quenching”. This means that the severe skin irritation produced by Oregano is alleviated by the anti-burn properties found in the Lavender. This blend has been used in medical clinics very successfully in treating antibiotic-resistant fungus. This is a powerful nail antifungal. It can be applied directly to the site of a fungal infection, taking care never to get any on mucus membranes or near the eyes. Once you have made significant progress with the Lavender Oregano blend (usually about one bottle), you can switch to a more gentle Essential Oil like Tea tree to finish the process.*

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Lavender Palmarosa

Ingredients: *Lavender, vera; Palmarosa*

Lavender and Palmarosa is a prime blend for children along with the Lavender Chamomile blend. Lavender, already an accepted children's oil, can seriously be used from the cradle to the grave as it has unequaled healing and gentleness for people of any age. Palmarosa is an exceptional Essential Oil for adolescence, helping children to adjust to their changing bodies and emotions as they approach adulthood. Together, they are unparalleled as a children's helper. Together in nature as they both grow at high altitude giving them exceptional emotional energies, they empower each other as a blend, amplifying their power to heal and nurture while maintaining their gentle, calm, and supportive ways. Sooner or later every adolescent will find themselves in a situation where this beautiful blend can give them the support and security they need to get through the trying times of the "between age", the time between being a small child and being an adult. It is a nerve tonic and intellectual and mental stimulant which acts in cases of nervous depression, metal fatigue, and mental deficiency. This blend is very helpful for children suffering psychic problems due to parental lack of understanding or conflict. It can be used as an inhalant, both directly from a tissue or personal diffuser, or indirectly when diffused into the air. Lavender Palmarosa is very effective in a bath or as a compress for the head, as either a full-body or back & shoulder massage, or applied to the feet.

Lavender Peppermint

Ingredients: *Lavender, vera; Peppermint*

Lavender has been a successful headache remedy used alone as a single oil, as has Peppermint Essential Oil. When combined, you have a very dynamic blend that can take on headaches and/or migraines. One to 2 drops applied directly from the bottle to the temples, across the forehead, and along the base of the skull, is a headache treatment known as the "halo technique". Care must be taken when applying this Essential Oil blend to not get the oil too close to the eyes. Peppermint is very persistent oil on the skin, so you will need to wash your hands thoroughly when finished.

Lavender Tea Tree

Ingredients: *Lavender, vera; Tea Tree*

One of the most commonly blended Essential Oils with Lavender for therapeutic application is Tea Tree. There is a powerful resonance between these two Essential Oils, and each helps the other act faster and stronger. It is interesting how this blending affects their aroma and taste. Tea Tree's aroma is normally not very pleasant, but when blended with Lavender it is modulated to a greater, more pleasant sweetness. Similarly, the taste of true Lavender Essential Oil is normally bitter, but when blended with Tea Tree Essential Oil, the taste is modulated to one that is milder and more pleasant. The Tea Tree Essential Oil dramatically increases the antiseptic and antifungal properties of true Lavender Essential Oil when blended.

This blend is very powerful internally. In fact, if you plan to work on internal purification for more than a one-week period, use this blend instead of straight true Lavender Essential Oil. It is an excellent way to begin a purification and restoration program. Remember, however, that any attempt to do internal purification must be accompanied by a program of quality nutrition.

This Lavender Tea Tree blend is also very helpful to those who are prone to candida. For this treatment, in addition to a quality nutrition program, you can take one drop of the Lavender Tea Tree blend each day in some juice, with a teaspoon of honey as tea, or a drop under the tongue. This should be continued without interruption for three weeks. If you use honey herbal tea, use only natural honey and do not use hot water. Use only lukewarm water.

Remember, in any program using Essential Oils that your mental state is as important as the product you are using. Essential Oils cannot be used like allopathic medicines (i.e. unconsciously popping pills). Use thoughts of gratitude as you visualize the actions of aromatic molecules bring purity, balance, and joy to your body.

Lavender Ylang Ylang

Ingredients: *Lavender, vera; Ylang Ylang Complete*

Lavender has been researched and proven effective in helping to control blood pressure and Ylang Ylang has also been used for cardiac care particularly in helping to control heart palpitations. On the emotional level, Ylang Ylang is known to help alleviate anger and irritation which is often accompanied by high blood pressure. A beautiful combination, this blend can be used in a bath or worn as a perfume applied over the heart or on the wrists. Diffused into the environment or used as a spray mister, the Lavender Ylang Ylang blend is calming, sensual, and relaxing.

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Research

Saeki and Shiohara (2001) investigated the physiological response to inhaled Lavender on nine healthy women age 21 to 23 who were recruited from Nagano College of Nursing in Japan. The study measured the responses to R-wave intervals on an electrocardiogram, blood flow in the fingertips, galvanic skin conduction (GSC), and blood pressure. Tests were performed in an air-conditioned room at 22 to 25 degrees centigrade. The study began by measuring baselines. Then 6 drops of Lavender was heated in 10ml of hot water in an aroma pot. The subject entered the room and inhaled the Essential Oil for 10 minutes. The results showed Lavender decreased systolic blood pressure within 10 minutes, decreased GSC within 2 minutes, and increased blood flow within 6 minutes. The R-R interval did not change. (Saeki Y, Shiohara M, 2001. Physiological effects of inhaling fragrances. *International Journal of Aromatherapy*. 11(13) 118-125. Quoted by Jane Buckle, *Clinical Aromatherapy*.)

Lavender is a classic Essential Oil for skin problems. It was used for the wound cleaning in World War I and was approved by the French Academy of Medicine. Lavender has proven antibacterial action against many pathogenic organisms including Methicillin-resistant Staphylococcus aureus. (Nelson R. 1997. In vitro activities of five plant Essential Oils against MRSA and VREF. *Journal of Antimicrobial Chemotherapeutics*. 40, 305-306.)

Lavender has local anesthetic effects. (Ghelardini C, Galeotti N, Salvatore G. et. Al. 1999. Local anesthetic activity of Essential Oils of *Lavandula angustifolia*. *Plant Medica* 65 (8) 700-703.)

Lavender is a skin regenerative. (Valnet J. 1990. *The Practice of Aromatherapy*. Saffron Walden, UK: C.W. Daniels.)

Lavender inhibits histamine release in immediate-type allergic reactions in mice and rats and may be useful in allergic skin problems linked to immune deficiency. (Hyung-Min K, Seong-Hoon C. 1999. Lavender Oil inhibits immediate-type of allergic reaction in mice and rats. *Journal of Pharmacy and Pharmacology*. 51 , 221-226.)

Lavender was found to be a mood elevator. (Corner J, Cawley N, Hildebrand S, 1995. An evaluation of the use of Essential Oils on the well-being of cancer patients. *International Journal of Palliative Nursing*. 1 (2) 67-73.)

Lavender was found to be a sedative. (Elisabtsky E, Eoel ho do Souza G, Dos Santos M et. al. 1995. Sedative properties of Linalool. *Fitoterapia* 66 (5) 407-415.)

Nachi (1990) reported on the calming effects of Lavender with patients undergoing magnetic resonance imaging. (Nachi K, 1990. Aromachology: The psychic effects of fragrance. *The Futurist*. 24 49-50.)

Itai et al (2000) reported on the antidepressant properties of Lavender with chronic hemodialysis patients. (Itai T, Amauadu H, Kuribayashi M et al, 2000. Psychological effects of aromatherapy on chronic hemodialysis patients. *Psychiatric and Clinical Neuroscience*. 54 (4) 393-397.)

Lavender also enhances the sedative effects of conventional pharmaceuticals. (Stanassova-Shopova S, Roussinov K, Boycheva I. 1973. On certain central neurotropic effects of Lavender Essential Oil. 11. Communications: Studies of the effects of linalool and terpineol. *Bulletin of the Institue of Physiology* 15 149-156.)

Lavender is readily absorbed through the skin. (Jager W, Buchbauer G, Jirovetz L, et al. 1992. Percutaneous absorption of lavender oil from the massage oil. *Journal of the Society of Cosmetic Chemists*. 43 (1) 49-54.)

Patients undergoing radiotherapy or computer-assisted tomography scans are isolated in a room during treatment and have to lie absolutely still for lengthy periods of time. Many find this experience stressful. A proven soothing and relaxing Essential Oil such as Lavender might help them. (Jane Buckle, *Clinical Aromatherapy* 2004.)

Eighty percent of adults suffer at least one episode of low-back pain in their lives. Among patients who use alternative medicine, back problems are the most frequently reported medical condition. (Eisenberg D, Kessler R, Foster C et al. 1993. Unconventional medicine in the United States. *New England Journal of Medicine*. 328 246-252.)

In the workforce, the cost of an average back-injury claim in 1989 was \$8,000 and accounted for one-third of worker's compensation cost. (Webster B, Snook S. 1994. The cost of 1989 Compensation low back pain claims. *Spine*. 19, 111-116.)

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Essential Oils can be used by chiropractors to reduced muscle spasms before manipulation, to reduce inflammation, and to reduce pain.

Costa (1997), a massage therapist who works with a chiropractor, conducted a small study on the use of Aromatherapy prior to chiropractic manipulation. She used 3% *Lavendula angustifolia* in vegetable oil and massaged it into the back of six patients for 20 minutes prior to manipulation. The members of the experimental group were age 16-49 and included both men and women. Twelve treatments were given to each of the six patients. Figures indicate the Lavender massage had made manipulation easier than plain massage. Further Essential Oils were tested, and Aromatherapy is currently used by the chiropractor's office. (Costa D. 1997. Lavender eases chiropractic manipulation. Unpublished dissertation, Hunter, New York: R.J. Buckle Associates.)

Although efficacy can be achieved with 1-5% Essential Oil solutions, some therapists use up to 40% concentration. (Buckle J. 2004. *Clinical Aromatherapy*.) However, Essential Oils with high phenol content can cause dermal irritation and should not be used to treat burns. (Buckle J. 2004. *Clinical Aromatherapy*.)

Lavender has been used successfully for decades to treat burns and to prevent them from becoming infected. Burns, in which the breakdown of tissue causes the body to reabsorb pathogenic toxins, Valnet (1990) suggests the use of Essential Oils could be a suitable or alternative method of treatment, because many Essential Oils such as Lavender, have tissue protecting properties that prevent putrefaction. (Valnet J. 1990. *The Practice of Aromatherapy*.)

"Lavender Beats Benzodiazepines" was a 1988 headline in the *International Journal of Aromatherapy*. In this article, the use of Essential Oils as sedatives in hospital settings was outlined. Of particular note were Lavender, Marjoram, Geranium, Mandarin, and Cardamom. (Tisserand R. 1988. Lavender beats benzodiazepines. *International Journal of Aromatherapy* 1 (1) 1-2.)

Traditionally, true Lavender has been used in Aromatherapy to promote sleep and relaxation and to relieve anxiety. In Bulgaria, Antonassova-Shopova et al (1973) found that linalool and terpineol were the active components of Lavender and had a depressing effect on the CNS. (Antonassova-Shopova S, Roussinov K, Boychova I, 1993. On certain central neurotropic effects of Lavender Essential Oil. 11)

Oral doses of linalool were found to be hypnotic and anticonvulsant in mice in a study by Elisabetsky et al (1995). (Elisabetsky E, Eoel ho do Souza G, Dos Santos M et. al. 1995. Sedative properties of linalool. *Fitoterapia* 66 (5) 407-415.)

Elisabetsky et al (1995) also established that linalool inhibited glutamate binding in rat cortex in a way similar to phenobarbital. The glutamate binding involved all receptor subtypes investigated. (Elisabetsky E, Morschner J, Souza D, 1995. Effects of Linalool on the glutamatergic system in the rat cerebral cortex. *Neurochem. Res.* 20 (4) 461-465.)

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