

Lavender

lavandula angustifolia 10ml

Lavender, vera 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.*

Lavender, vera (High Altitude) essential oil has the finest aroma of all Lavender oils. It is grown at high altitude, which produces a higher ester content in the oil (50-52%). It is primarily these esters that give Lavender, vera its wonderful aroma.*

Pure Lavender oil is one of the most versatile aromatherapy oils and is a 'must-have' for the home first-aid kit. It is extremely beneficial for a wide variety of ailments ranging from aches, pains, and skin complaints to colds & flu, stress, headaches, and insomnia.*

Lavender, vera 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 also has many benefits to the skin and is especially regenerative for older skin, helping with wrinkles. It is also very effective when used to kill lice, lice eggs, and nits.*

uses

aromatic

- **Diffusion:** Diffuse 5 to 10 drops for 15 minutes per hour as desired through the day for relaxation.*
- **Misting:** Mix 15 to 20 drops in 4 ounces of distilled water in an amber glass or PET plastic spray bottle. Shake well and spray for a calming aroma.*

bath

- **Bath:** Mix 20 drops in ½ cup of Pink Himalayan or Dead Sea Salt, add to a warm, and bath soak for 20 minutes to relieve the stresses of a hectic lifestyle.*

topical

- **Feet:** Use 2 to 4 drops on soles of feet or along the foot spinal reflex to promote feelings of relaxation, especially at bedtime.*
- **Lotion:** Add to personal care products like lotion or shampoo.*
- **Perfume:** Use as perfume, applying to pulse points.*
- **Skin:** Apply on minor skin irritations, bites, stings, and burns.*

goDesana

Product Information Page



application methods

Aromatic • Bath • Topical

safety group: 1

Generally regarded as safe when properly diluted and used as directed with children and while pregnant or nursing.

properties

Wild-Crafted

Producing Organ: Flowering Plant

Extraction: Steam Distillation

Country of Origin: Bulgaria

Main Chemical Constituents: linalool, linalyl acetate

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

responsible cautions

- Non-toxic, non-irritant, and non-sensitizing.
- Keep out of reach of children and pets.
- If you are pregnant, nursing, or under a doctor's care, consult your healthcare provider prior to use.
- Store away from sunlight, at room temperature, with the lid securely tightened.

**The information in this document has not been evaluated by the FDA and is not intended to treat, diagnose, cure, or prevent any disease. This information is not intended as a substitute for the advice or medical care of a qualified healthcare professional and you should seek the advice of your healthcare professional before undertaking any dietary or lifestyle changes. This information is provided for educational purposes only.*