

Lavender Chamomile

lavender apothecary blend 10ml

Lavender Chamomile is a sweet, nurturing, calming blend for children and adults alike. Using only the highest quality Lavender, Vera and Roman Chamomile, this blend is relaxing, calming, and soothing. It can be used for calming stress, tension, anxiety, and insomnia.*

Lavender and Chamomile have been used for thousands of years by a host of civilizations. Both are excellent oils for skin and hair care, encouraging regeneration of healthy skin tissue, which makes this blend outstanding to use with burns, wounds, ulcers, dry skin, dermatitis, hair care, for easing inflammation of any kind, and promoting healing.*

Use on the babysitter, caretaker, or blankets of infants when the mother is not present; babies will likely be calmed and soothed by the scent. The sense of smell is the first sense we develop in-utero and the last sense we have before passing. Sense of smell is very important in helping us process our life experiences.*

USES

aromatic

- **Diffuser:** Diffuse 10-12 drops in a cool mist essential oil diffuser.*

bath

- **Bath:** Add 8-10 drops to ½ cup Pink Himalayan or Dead Sea bath salts and mix into warm bath water.*

topical

- **Massage:** Use 1 to 2 drops on the head, chest, or stomach when feeling overwhelmed.*
- **Massage:** Use 2-3 drops as a back rub before bed to relax and prepare you or your child for sleep.*

topical dilution guidelines

Topical dilution for healthy individuals ages 10 and over is 10% (60 drops per 1 ounce of carrier oil). A topical dilution of 25% (150 drops per 1 ounce of carrier oil) may be warranted in cases of severe pain, bad bruising, or serious muscle cramping.*

- **Children 3 to 5 years:** Dilute 3 drops in 10 ml of carrier oil.*
- **Children 5 to 10 years:** Dilute 6 drops in 10 ml of carrier oil.*
- **Pregnancy:** Safe when used as directed starting in the 2nd trimester at 3% dilution(15 drops/1 ounce).*

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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.

ingredients

Lavandula angustifolia (Lavender, vera),
Anthemis nobilis (Roman Chamomile)

responsible cautions

- Non-toxic, non-irritant, 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.*