

Lavender Ravintsara

lavender apothecary blend 10ml

Lavender Ravintsara is a prime blend for children along with Lavender Chamomile. Lavender, already an accepted children's oil, can seriously be used from the cradle to the grave as it has unequalled healing and gentleness for people of any age. Ravintsara 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, Lavender and Ravintsara empower each other as a blend; amplifying their power to heal and nurture while maintaining their gentle, calm, and supporting 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.*

Lavender Ravintsara is a nerve tonic and intellectual and mental stimulant which acts in cases of nervous depression, mental fatigue, and mental deficiency. It is very helpful for children suffering psychic problems due to parental lack of understanding or conflict. This blend can be used as an inhalant, both direct from a tissue or personal diffuser, or indirect diffused into the air. It's very effective in a bath, as a compress for the head, as either a full body or back and shoulder massage, or applied to the feet.*

uses

aromatic

- **Diffusion:** Diffuse 10 to 12 drops in a cool mist essential oil diffuser.*
- **Inhalation:** Put 1 to 2 drops on a tissue, cotton ball, or your hands and inhale as needed.*

bath

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

topical

- **Compress:** Use with a cool or warm compress to assist with nervous depression or mental fatigue.*
- **Massage:** Apply to the chest or back to assist with bronchial issues.*
- **Massage:** Apply to minor skin irritations as needed.*

topical dilution guidelines

Topical dilution for healthy individuals ages 10 and over is 10% (60 drops per 1 ounce of carrier oil).*

- **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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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), Cinnamomum camphora ct 1,8 cineole (Ravintsara), Cocos nucifera (Fractionated watchCoconut Oil)

responsible cautions

- Non-toxic, non-irritant, non-sensitizing.
- Dilution not required, but can be done with carrier oil if individual skin sensitivity occurs
- 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.

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