

# Lavender Spike

**lavandula latifolia** 10ml

Lavender Spike is native to France, Spain, Italy, and the Balkans. It grows at low altitudes whereas "true" lavender grows at higher altitudes. Where these two lavenders meet, you will find naturally occurring hybrids known as Lavendins.\*

Lavender Spike is unique among lavenders in that it contains cineole which gives it many of the beneficial properties of eucalyptus, but in a softer, more tolerable form. It is ideal for upper respiratory issues as it breaks up phlegm and opens airways. It can decongest and soothe sore muscles.\*

Lavender Spike is more antiseptic due to the cineole and camphor content, and is often used in hand soaps and for wound healing. It blends well with Lemon, Tea Tree, and Eucalyptus Radiata, and can make a multi-use cleanser and air purifier that will keep your home germ-free and smelling fresh.\*

Lavender Spike can be blended with Rosemary 1,8 cineole, and diluted can be helpful to massage into sore muscles. Spike Lavender has a more robust energy than true Lavender and is more stimulating. Not recommended for use before going to bed.\*

## uses

### aromatic

- **Diffusion:** Diffuse 10 to 15 drops in a cool mist essential oil diffuser in 10 minute intervals as needed throughout the day to freshen and purify room air.\*
- **Misting:** Add 10 to 15 drops to 4 ounces of distilled water in an amber glass or PET plastic spray bottle. Shake vigorously before each use, and spray personal energy field, clothing, or on skin.\*

### bath

- **Bath:** Mix 8 to 10 drops in ½ cup of Pink Himalayan or Dead Sea bath salt and add to a warm tub of water.\*

### topical

- **Skin:** Add 5 drops to 1 tablespoon of carrier oil and use for bug bites, sunburn, and other minor skin irritations.\*

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## application methods

Aromatic • Bath • Topical

## safety group: 3

Never recommended for children or while pregnant or nursing when used as a single oil. However, these oils are considered safe when formulated in blends by a qualified aromatherapist, properly diluted, and used as directed according to specific usage recommendations for each individual blend.

## properties

*Wildcrafted*

**Producing Organ:** Flowers and Stems

**Extraction:** Steam Distillation

**Country of Origin:** Spain

**Main Chemical Constituents:** Linalyl acetate, linalol, lavandulol

**Therapeutic Properties:** Analgesic, anticonvulsive, antidepressant, antimicrobial, antirheumatic, antiseptic, antispasmodic, antitoxic, carminative, cholagogue, choloretic, cicatrizant, cordial, cytophylactic, deodorant, diuretic, emmenagogue, hypotensive, insecticide, nervine, parasiticide, rubefacient, sedative, stimulant, sudorific, tonic, vermifuge, vulnerary

## responsible cautions

- Not recommended for use during pregnancy.
- Dilute for use on skin.
- 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.*