

## 10 ml Lavender Essential Oil



**Brand:** Ancient Wisdom

**Product Code:** EO-01

**Availability:** In Stock

**Weight:** 0.04kg

**Price:** £2.75

### Description

Latin Name : Lavandula Angustifolia Part of Plant Used : Flowering Tips Origin: France Extraction Method : Steam Distillation Lavender has been used and cherished for centuries for its unmistakable aroma and myriad benefits. In ancient times, the Egyptians and Romans used Lavender for bathing, relaxation, cooking, and as a perfume. Its calming and relaxing qualities, when taken internally, continue to be Lavender's most notable attributes. Applied topically, Lavender is frequently used to reduce the appearance of skin imperfections. Add to bath water to soak away stress or apply to the temples and the back of the neck. Add a few drops of Lavender to pillows, bedding, or bottoms of feet to relax and prepare for a restful night's sleep. Due to Lavender's versatile properties, it is considered the must-have oil to have on hand at all times. Uses Add a few drops of Lavender Oil to pillows, bedding, or bottoms of feet at bedtime. Keep a bottle of Lavender on hand to soothe occasional skin irritations. Freshen your linen closet, mattress, car, or the air by combining Lavender with water in a spray bottle. Directions for Use Diffusion: Use three to four drops in the diffuser of your choice. Topical use: Apply one to two drops to desired area. Dilute with our wholesale Fractionated Coconut Oil to minimize any skin sensitivity. Cautions Possible skin sensitivity. Keep out of reach of children. If you are pregnant, nursing, or under a doctor's care, consult your physician. Avoid contact with eyes, inner ears, and sensitive areas.