

LAVENDER ESSENTIAL OIL



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1. WHAT IS LAVENDER OIL?

Lavender comes from the botanical family Labiatae or the mint family. The oil is extracted from the flowering top of the lavender plant.

Lavender oil is the one essential oil that everyone should have in their collection. When in doubt, grab the lavender oil!

From helping with allergies, to calming nerves, stress and anxiety and even to cleaning your house...lavender oil is easily the most used and loved essential oil out there.

Lavender oil is extracted mostly from the flowers of the lavender plant, primarily through steam distillation. The flowers of lavender are fragrant in nature and have been used for making potpourri for centuries. Traditionally, lavender essential oil has also been used in making perfumes. The oil is very useful in aromatherapy and many aromatic preparations and combinations.

Lavender oil blends well with many other essential oils including cedarwood, pine, clary sage, geranium, and nutmeg. Today, lavender essential oil is frequently used in various forms including aromatherapy oil, gels, infusion, lotion, and soaps.

2. HEALTH BENEFITS OF LAVENDER OIL

A. Bug Repellent

The smell of lavender essential oil is potent for many types of bugs like mosquitoes, midges, and moths. Apply some of the lavender oil on the exposed skin when outside to prevent these irritating [bites](#). Furthermore, if you do happen to be bitten by one of those bugs, the lavender essential oil has anti-inflammatory qualities that will reduce the irritation and the pain [associated](#) with bug bites.

B. Induces Sleep

Lavender essential oil induces sleep which has made it a common recommendation for an alternative treatment of insomnia. Frequent studies on elderly patients have shown an increase in their sleep regularity when their normal sleep medication is replaced with some lavender essential oil being placed on their pillows. It has a relaxing impact on people that it can often replace modern medicine for sleep issues.

C. RELIEVES Stress & Anxiety

Lavender essential oil has a calming scent which makes it an excellent tonic for the nerves and [anxiety](#) issues. Therefore, it can also be helpful in treating [migraines](#), [headaches](#), [depression](#), nervous tension and emotional [stress](#). The refreshing aroma removes nervous exhaustion and restlessness while also increasing mental activity. It has a well-researched impact on the [autonomic](#) nervous system, which is why it is frequently used as a treatment for insomnia and also as a way to regulate [heart](#)-rate variability. One study showed that people taking tests showed a significant decrease in the mental stress and anxiety, as well as [increased](#) cognitive function when they inhaled lavender oil and [rosemary oil](#) before taking the test.

D. Treat Acnes

According to dermatologists and aromatherapists, lavender essential oil is one of the most beneficial oils in the treatment of acne, which is a very uncomfortable and embarrassing condition that

primarily affects young people as they move through puberty, but can also afflict adults. It is characterized by red, raised sores on the face and body that develop due to a bacterial infection near the sebaceous gland. When sebum cannot be properly secreted from the sebaceous glands on the face, it begins to build up, particularly because puberty stimulates extra sebum and bacteria feed off of it, creating a vicious cycle of irritation, infection, and visible sores that can result in serious scarring.

Lavender essential oil inhibits the bacteria that cause the initial infection, helps to regulate some of the over-excretion of sebum by hormonal manipulation and can reduce the signs of scarring after the acne has begun to heal. Adding a small amount of lavender essential oil to other skin creams or ointments can greatly increase the potential for relief and healing.

E. Relieves Pain

Lavender essential oil is known as an excellent remedy for various types of pains including those caused by sore and tense muscles, muscular aches, rheumatism, sprains, [backache](#), and lumbago. A regular [massage](#) with lavender oil can provide relief from pain in the joints. A study done on [postoperative pain relief](#) showed that combining lavender essential oil vapor into the oxygen significantly reduced the amount of pain experienced, versus those patients only revived with oxygen after a major surgery.

F. Stimulate Urine Flow

Lavender essential oil is good for urinary disorders because of its stimulating effect on [urine production](#). Furthermore, it helps in restoring hormonal balance and reducing cystitis or inflammation of the urinary bladder. It also reduces associated cramps with these and other disorders.

G. Treats Respiratory Disorder

Lavender oil is widely used for various respiratory problems including throat infections, flu, cough, cold, [asthma](#), sinus congestion, [bronchitis](#), [whooping cough](#), laryngitis, and tonsillitis. The oil is either used in the form of vapor or is applied on the skin of the neck, chest, and back. It is also added to many vaporizers and inhalers that are commonly used for colds and coughs. The stimulating nature of lavender essential oil can also loosen up the phlegm and relieve the congestion associated with respiratory conditions, speeding up the recovery process and helping the body naturally eliminate phlegm and other unwanted material. The vapor of lavender essential oil also has antibacterial [qualities](#) which can battle respiratory tract infections.

H. Hair Care

Lavender essential oil is useful for hair care because it has been shown to be very effective on lice, lice [eggs](#), and nits. Furthermore, lavender essential oil has also been shown to be very helpful in the treatment of hair [loss](#), particularly for patients who suffer from alopecia, an autoimmune disease where the body rejects its own hair follicles. A Scottish study reported that more than 40% of alopecia patients in the study reported an [increase](#) in hair growth when they regularly rubbed lavender essential oil into their scalp. Therefore, lavender oil is sometimes recommended as a preventative measure for male pattern [baldness](#).

I. Prevents Cancer

Although more research needs to be done on human subjects, there is a significant research on the effects of lavender, in combination with other essential oils, as a way to prevent the occurrence of [breast cancer](#) in mice. However, this could be an indication of an increased chance of lavender battling other carcinogenic effects and the [presence](#) of [cancer](#).

J. Improve Blood Circulation

Lavender essential oil is also good for improving the [circulation](#) of blood in the body. [Research](#) suggests that aromatherapy using lavender oil has beneficial effects on coronary circulation. It also lowers blood pressure and is often used for hypertension. This means that not only do the organs increase their levels of oxygenation, promoting muscle strength and health, but brain activity can have a noticeable boost, skin remains bright and flushed with blood, and the body is protected from the risks of heart attack and [atherosclerosis](#) that is often associated with poor blood circulation.

K. Aids in digestion

Lavender oil is useful for [digestion](#) because it increases the mobility of [food](#) within the intestine. The oil also stimulates the production of gastric juices and bile, thus aiding in the treatment of indigestion, stomach pain, colic, [flatulence](#), vomiting, and [diarrhea](#).

L. Boosts immunity

Regular use of lavender essential oil provides resistance to a variety of diseases. It is [well-known](#) that lavender has antibacterial and antiviral qualities that make it perfect for defending the body against rare diseases like TB, [typhoid](#), and [diphtheria](#), according to early research in the 20th century.

M. Eczema

It is used to treat various skin disorders such as acne, wrinkles, [psoriasis](#), and other inflammatory conditions. It is commonly used to speed up the healing process of wounds, cuts, [burns](#), and [sunburns](#) because it improves the formation of scar tissues. Lavender oil is also added to chamomile to treat [eczema](#).