



## LAVENDER (Population)

*Lavandula angustifolia*  
Incredible restorative tonic

- Source:** France
- Extraction:** Steam distillation of fresh flowering tops.
- Characteristics:** Pale yellow fluid with sweet, floral, herbaceous aroma and fresh woody, balsamic undertones.
- Blending Factor:** 7      **Odour Note:** Middle
- History:** Native to the Mediterranean region. Main producers are Bulgaria and France. The Population Lavender is raised from seed, yielding 30-40% less oil than the cultivated lavender clones normally used. It thus commands a higher price but produces an oil of superior fragrance and therapeutic properties. It has a well established folk lore and tradition of comforting, reviving and soothing - and admirable record as a restorative tonic against nervous related disorders and in topical application for toothache, neuralgia, sprains and rheumatism. It has also been successfully used for the treatment of wounds, sores, varicose ulcers, burns and scalds.
- Safety Precautions:** Nontoxic, non-irritating and non sensitising
- Therapeutic Actions:** Analgesic, anticonvulsive, antidepressant, antimicrobial, antirheumatic, antiseptic, calmative, cholagogue, cordial, deodorant, emmenagogue, hypotensive, nervine, restorative, sedative, sudorific, tonic, vulnerary
- Enhances:** Comfort, healing, calmness, relaxation, balance, spirituality
- Reduces:** Stress, depression, insomnia, tension, migraine, PMS, painful menstruation, panic, shock
- Uses:**
- |                         |  |
|-------------------------|--|
| Reproductive/endocrine: | PMT, difficult/painful periods                           |
| Nervous system:         | Migraines, faintness, shock, stress, neuralgia, sciatica |
| Integumentary system:   | Eczema, dermatitis, cuts, wounds, bruises                |
| Skin:                   | Dry, mature, sunburn, scars, stretch marks               |
- Methods for use:**
- Massage**  
Use up to 25 drops of lavender or a blend of complementary oils in 50ml of massage oil base.
- Aromatic Bath**  
Add 5 to 10 drops of essential oil to a full bath and agitate to disperse.  
For extra skin softening effects 25 drops of essential oil or a blend of oils can be mixed into 50ml of base oil. Use 10ml of this oil each bath.
- Vaporiser**  
Place 8 to 10 drops of essential oil onto the top of your Tri Nature vaporiser dish.  
If candle vaporisers are used, the oil should be added to water in the vaporiser pan.
- Blends well with:** Citrus oils, clary sage, lavender, rose, rosewood, sandalwood

Sunburn		Peaceful Sleep (2)		PMS a Go-Go	
Lavender	4	Lavender	4	Lavender	4
Tea Tree	4	Marjoram	4	Clary Sage	2
Chamomile	1	Mandarin	3	Geranium	2
Peppermint	1	Neroli	2	Rosemary	2
<b>Carrier oil</b>	<b>20ml</b>	<b>In vaporiser</b>		<b>Vaporiser or in 20ml carrier</b>	

