



Lavender Essential Oil: Uses, Studies, Benefits, Applications & Recipes (Wellness Research Series Book 7)

George Shepherd

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Lavender, or *Lavandula angustifolia*, is a gentle oil that's been traditionally used to heal bruises, cuts and skin irritations, as well as to calm stress and enhance relaxation. The medicinal qualities of lavender were first discovered by the French scientist, René Gattefossé, when he used the oil to help heal a severe burn that he suffered from an explosion in the lab. This highly versatile oil can also be used to help stimulate and energize.

Beyond those applications previously mentioned, additional uses for lavender essential oil include supporting the body's natural defenses against acne, allergies, sprains, vertigo, bronchitis, asthma, arthritis, earache, headache, athlete's foot, burns, bruises, chicken pox, colds, flu, sore throat, flatulence, stomach ache, indigestion, diarrhea, colic, cuts, wounds, cystitis, dermatitis, herpes, dysmenorrhea, hypertension, insect bites, insect repellent, insomnia, labor pains, muscle pain, itching, migraine, nausea, oily skin, rheumatism, scabies, psoriasis, scars, sores, stretch marks, and whooping cough. When it comes to the mind, the oil can mentally ground the user, making them feel balanced and relaxed. It also calms frustration and anger, which is helpful when easing stress or anxiety.

Table of Contents:

Benefits of Lavender Essential Oil, Cultivation of Lavender, A History of Lavender, Additional Uses, Chemical Components.

Main Properties of Lavender Essential Oil: Disinfectant & Cleanser, Diuretic, Antioxidant, Antibacterial, Antiviral, Antiseptic, Astringent, Antifungal, Anti-inflammatory, Antidepressant, Sedative.

Common Medicinal Uses: Headaches, Burns, Insect Bites, Anxiety, Stress & Depression, Skin Issues, Nausea & Motion, Sickness, Insomnia, Safety Precautions & Common Applications.

Recipes for Lavender Essential Oil: Pure Supportive Remedies, Anxiety, Allergies, Appetite Stimulant, Arrhythmia, Atherosclerosis, Bites/Stings, Blisters and Boils, Breasts, Burns, Calming, Cancer, Chicken Pox, Cold Sores, Concentration, Convulsions, Cuts, Dandruff, Depression, Detox, Diaper Rash, Diuretic, Dry Lips, Fever, Gangrene, Gas/Flatulence, Giardia, Grief, Hair (Dry, Fragile, or Loss), Hay Fever, Herpes Simplex, Hyperactivity, Impetigo, Inflammation, Insomnia, Itching, Insect Repellent, Jet Lag, Mastitis, Menopause, Menstrual Cramps, Mood Swings, Pain, Physical Stress, Poison Ivy/Oak, Rashes, Rheumatoid Arthritis, Ringworm, Sedative, Seizures, Skin (Dry, Sensitive, Eczema, Psoriasis, etc), Stress, Stretch Marks, Tachycardia, Teeth Grinding, Teething Pain, Thrush, Ticks, Varicose Veins, Vertigo, Worms, Wounds (General), Wrinkles.

Blends:, Acne Serum, Antiseptic Ointment, Allergies, Colds & Flu, Coughs, Eczema, Eye Cream, Head Lice Solution, Healing Salve, Insomnia, Muscle Pain, Pre-Game Sports Rub, Rheumatism, Sinus & Chest Congestion Relief, Shea Butter.

Lavender Essential Oil Studies:

- Study 1 – PMS
- Study 2 – Pain Relief
- Study 3 – Acne & Cancer
- Study 4 – Cancer
- Study 5 – Diabetes
- Study 6 – Neuroprotective Properties
- Study 7 – Anxiety
- Study 8 – Antifungal Properties

The Ins & Outs of Essential Oils: Where do essential oils come from?, How are essential oils extracted?, Pressing Method, Distillation Method, Solvent Method, Maceration Method, How do you use essential oils?, Topical Administration, Inhalation Therapy, Ingestion.

This is the definitive guide to using Lavender essential oil.

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Tiffany Serna:

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Laura Thibodeau:

Playing with family inside a park, coming to see the sea world or hanging out with close friends is thing that usually you may have done when you have spare time, subsequently why you don't try matter that really opposite from that. Just one activity that make you not feeling tired but still relaxing, trilling like on roller coaster you have been ride on and with addition info. Even you love Lavender Essential Oil: Uses, Studies, Benefits, Applications & Recipes (Wellness Research Series Book 7), it is possible to enjoy both. It is great combination right, you still wish to miss it? What kind of hangout type is it? Oh can happen its mind hangout men. What? Still don't understand it, oh come on its referred to as reading friends.

Donna Canales:

The book untitled Lavender Essential Oil: Uses, Studies, Benefits, Applications & Recipes (Wellness Research Series Book 7) contain a lot of information on the item. The writer explains the girl idea with easy method. The language is very easy to understand all the people, so do definitely not worry, you can easy to read the idea. The book was compiled by famous author. The author gives you in the new age of literary works. You can easily read this book because you can read more your smart phone, or program, so you can read the book within anywhere and anytime. In a situation you wish to purchase the e-book, you can open up their official web-site in addition to order it. Have a nice examine.

Shawn Mathison:

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