

LAVENDER, TRUE

Lavandula angustifolia ssp angustifolia

Aromatic molecules :linalol, linalyl acetate

Distilled organ :flowering top

True lavender is one of the flagships of modern aromatherapy. Its perfect innocuousness and excellent tolerance, along with its unquestionable effectiveness have most certainly contributed to its primordial role in all aromatic pharmacies worthy of the name. The wide range of indications for this essential oil makes it a universal panacea.

Traditionally known for its properties

powerful antispasmodic • tranquillizer, sedative, anti-depressant • powerful cicatrizant, skin regenerator • remarkable analgesic • hypotensive • antimicrobial and antiseptic.

Professional advice

- internal :2 drops CTEO 2 to 3 times a day, on a carrier tablet, in honey, olive oil or on lump of cane sugar under the tongue.
- external :3 drops CTEO on the plantar arch, inner side of the wrists, solar plexus (repeat as needed) and applied locally for all other indications
- If you put a piece of cotton or a piece of wood with 4 drops of real lavender in your ward robes, moths will be shooed away and your linen will have a pleasant smell, 2 drops of true lavender on the collar of your pyjamas or your pillow sleeve will facilitate your falling asleep.

++++ Highly recommended - (!) Use with caution

Oral use	Use on skin	Air diffusion
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Traditional indications

- muscles spasms, cramps and contractures +++
- stress, anxiety, depression, agitation, insomnia+++
- acne, eczema, psoriasis, itching, burn, ulcer, wound, pressure sore, dermatitis, rosacea +++
- rheumatism+++
- arterial hypertension +++
- problems of nervous origin: asthma, digestiv spasm, nausea, migraine, extrasystole+++

Special precautions

- keep out of reach of young children
- does not replace a balanced diet and a healthy lifestyle
- do not exceed the recommended dose
- unless medical or pharmaceutical advice, not to use during the pregnancy and breast feeding and in the child of less than 3 years
- keep out of heat and light

PRANARŌM 
aromatherapy

Aromatherapy and information about it should never be used to replace a doctor's visit.