

Lavender essential oil



100% pure, natural and complete essential oil coming from Italian certified organic farming

Quantity: 5 ml

Quality features : Natural flavoring for foods. It does not contain additives

Botanical name: *Lavandula Angustifolia*

Country of origin: Italy

Plant Part: Flowering tops

Extraction method: steam distillation

Aromatic note: HEART, soothing, intensive and floral smell

Benefits and uses: antiseptic, disinfectant, vasodilatory, anti-neuralgic, healing, diuretic, soothing, calming, bactericides, analgesic and antidepressant properties. The characteristic smell of lavender is due to the essential oils that are produced by glands localized in all green parts of the plant (flowers, leaves and stems) but particularly concentrated in the flowers.

Lavender essential oil can be used in different ways without any particular contraindication. It has tonic, rebalancing and relaxing properties, especially useful if you are undergoing a lot of physical activity or stress or if you are suffering from anxiety since it may act as a sedative on the nervous system.

It has soothing and calming effects on the skin and can be used alone or in combination with other oils and products. It is able to purify the skin and balance sebum. Therefore it is often used in cosmetics to make lotions and creams for acne and blackheads.

Lavender oil has also strong antiseptic and scar healing properties, ideal for the treatment of cuts, burns and sunburn. It helps against flu due to its antibiotic action. It carries out a mild diuretic action if taken orally and is also an antispasmodic.

It can be used by women who suffer from menstrual pain and heavy bleeding, it also helps them to regulate their cycle.

It has powerful anti-inflammatory properties, therefore it can be used to relieve joint pain and rheumatism. It has beneficial effects on the lymphatic system, improving skin tone as it is useful to reduce water retention.

Lavender is also used to make toning and relaxing baths by putting a few drops of essential oil in hot water.