

ESSENTIAL OILS

Nature's 1st Aid Pharmacy

LAVENDER: (*Lavandula angustifolia*) is the most versatile of all essential oils. Therapeutic-grade lavender may be used to cleanse cuts, bruises and skin irritations. It is highly regarded for skin care. Lavender has been clinically evaluated for its effectiveness. The fragrance is calming, relaxing and balancing - physically and emotionally. YOUNG LIVING Essential Lavender Oil is grown organically, harvested and distilled at their farm.

1. Rub Lavender oil on feet for a calming effect on the body.
2. Rub a drop of Lavender oil on palms and smooth on pillow to help you sleep.
3. Put a drop of Lavender oil on a bee sting or insect bite to stop itching and reduce swelling.
4. Put 2-3 drops of Lavender oil on a minor burn to decrease pain.
5. Drop Lavender oil on a cut to stop the bleeding.
6. Mix several drops of Lavender oil with V-6 Vegetable Mixing Oil or Organic Almond oil to use topically on eczema and dermatitis.
7. To alleviate the symptoms of motion sickness, place a drop of Lavender oil on the end of the tongue or around the naval or behind the ears.
8. To stop a nosebleed, put a drop of Lavender oil on a tissue and wrap it around a small chip of ice. Push the tissue covered ice chip up under the middle of the top lip to the base of the nose and hold as long as comfortable or until the bleeding stops (do not freeze the lip or gum).
9. Rub a drop of Lavender oil over the bridge of the nose to unblock tear ducts. (Do NOT get oil in eyes!)
10. Rub Lavender oil on dry or chapped skin.
11. Rub a drop of Lavender oil on chapped or sunburned lips.
12. Spritz several drops of Lavender oil mixed with distilled water on a sunburn to decrease pain.
13. Apply 2-3 drops of Lavender oil to a rash to stop the itching and heal the skin.
14. Put a drop of Lavender oil to help heal a cold sore.
15. Rub several drops of Lavender oil into the scalp to help eliminate dandruff.
16. Rub 2 - 4 drops of Lavender oil over the armpit area to act as a deodorant.
17. Rub a drop of Lavender oil on palms, cup nose inhaling deeply to help alleviate hay fever symptoms.
18. Diffuse Lavender oil to alleviate the allergies symptoms.
19. Drop Lavender oil on a cut to clean a wound and kill bacteria.
20. To reduce or minimize the formation of scar tissue, massage Lavender oil on and around affected area.
21. Place a drop of Lavender oil in a water fountain to scent the air, kill bacteria and prolong time between cleanings.
22. Place a few drops of Lavender oil on a wet cloth, use in dryer to deodorize and freshen your laundry.
23. Place a few drops of Lavender oil on a cotton ball, place in your linen closet to scent linens and repel moths and insects.

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if you want to know more:

www.EssentialOilsForHealing.com

email: Cynthe@EssentialOilsForHealing.com