

# The Power of Lavender

100% Pure Essential Lavender Oil has many therapeutic uses and its fresh, peaceful scent makes it a favorite of many. It's definitely one essential oil I wouldn't want to be without.

Because of Lavender Essential Oil's great effectiveness and multiple uses, it is often called a First Aid Kit in a Bottle!

- ❖ Lavender is antiseptic & antibacterial. Great for cuts and burns so be sure to keep a bottle in your kitchen.
- ❖ Lavender is a quick, simple & all natural way to relieve pain and accelerate healing. Apply 1-2 drops to affected area.
- ❖ Lavender is very relaxing and because of its sedative action is helpful for sleeplessness.
- ❖ Lavender helps reduce anxiety, providing a natural way to deal with stress and nervousness. Use with a room diffuser or add to your bath. Keep a bottle at the office to relieve stress and increase mental alertness.
- ❖ Lavender is analgesic, excellent for muscular aches and pains.
- ❖ Lavender does wonders for tension headache pain. Apply 2 drops to temples & back of neck.
- ❖ Lavender is terrific for sunburns. Add to pure aloe vera and it will cool and soothe your skin.
- ❖ Lavender has anti-inflammatory and anti-itch properties – great for bug bites.
- ❖ Lavender is the perfect addition to the rinse cycle when washing clothes. Add 10-15 drops and your clothes will smell fresh and sweet,
- ❖ Lavender aids in repelling fleas. Apply a few drops to your dog's collar.

*Something Smells Good!*

A R O M A T H E R A P Y   B A R

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