



LAVENDER & EWE

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Lavender Oil

The fragrance of Lavender oil is both calming and relaxing which together with the oil's therapeutic properties has led to its wide use in the field of Aromatherapy.

Here are just a few of the many ways Lavender oil is used in aromatherapy:

Vaporisation : A few drops of lavender oil added to the water in an 'oil burner' or 'vaporizer' is a delightful way to enjoy the fragrance.

Lavender Bath : To relieve aching muscles add 6 to 8 drops of lavender oil to the bath water once it is run. Agitate the water well before getting into the bath.

Lavender Massage : The addition of 5 drops of lavender oil to 10ml of good quality vegetable or carrier oil creates a soothing massage oil.

Lavender Sleep Aid : Put 1 to 3 drops of Lavender oil on a warmed flannel and place beside or under your pillow for a restful sleep. Alternatively to help soothe a headache put 1 to 3 drops of oil in a basin of warm water and agitate gently. Soak the flannel for a few minutes in the basin, wring out well and place on your forehead while you lie down and relax.