

LAVENDER USES

Lavender has been used for centuries for health and healing, and because of its soothing, relaxing properties, has become known as the "Mothering Oil".

It has many practical uses today that are just as effective as those described in history and folklore and is the most versatile of essential oils.

WHY LAVENDER?

- Calms, soothes and relieves anxiety
- Aids with natural relief of headaches and migraines
- Takes the sting out of insect bites and stings
- Useful in controlling eczema, dermatitis and psoriasis
- Useful in controlling tinea
- Helpful to alleviate and minimise the effects of sunburn, burns and scarring
- Aids in sleeping.

Read on below for more specific ways in which all parts of the lavender bush can be used for natural, chemical-free remedies and household cleaning.

LAVENDER OIL

- Produces a fresh and calming atmosphere.
- Insect repellent – Mix a few drops of lavender oil with a little sunflower oil and rub onto skin.
- Moth repellent – Use sachets of dried lavender buds in wardrobes and linen drawers.
- Clear a stuffy nose – Add 5 drops of lavender oil to a small bowl of hot, steaming water.
- Burns or sunburn – A few drops of lavender oil on burns can relieve pain and help healing.
- Scars – Add lavender oil to a carrier oil and massage gently into scarred area. Must be applied within a few weeks of scarring to obtain a reasonable diminishing of the scar.
- Eczema, Dermatitis and Psoriasis – Lavender oil will assist in control of these skin problems.
- Acne – Lavender will assist in controlling and relieving acne and other associated skin problems.
- Sleep Disorders – A few drops of lavender oil on the pillow or massaged gently into temples will help in inducing sleep.
- Massage – Add 45 drops of lavender oil to 100mL carrier oil and massage.
- Headaches – Gently massage a couple of drops of lavender oil on to temples.
- Sunburn – Add a few drops of lavender oil to water (mineral) and spray onto sunburned skin.
- Bathing – Enjoy a relaxing bath and relieve stress by adding lavender oil to the bath.
- Cosmetics – Add a couple of drops of lavender oil to your favourite face cream or bath product.
- Washing floors – Add a few drops to your floor washing water – great for timber, tile or slate floors.
- Drying clothes In a clothes dryer – Put a few drops of lavender oil onto one item of clothing and place in dryer with others. Will give your clothes a beautiful fragrance and scent your house.

LAVENDER WATER

Has all the properties of the oil but in a much milder form. It has been termed the "Ethereal Sibling" of the essential oil.

- Sleep disorders – A spray of lavender water will help induce a restful sleep.
- Ironing – Use lavender water in the iron to give your clothes a fresh scent and prolong the life of your delicate linens.
- Insect repellent – Lavender water may be safely sprayed around foods to keep flies away. It may also be sprayed on plants to control mealy bug and aphids.
- Antiseptic – Cuts and scrapes may be cleansed with lavender water to reduce the risk of infection.
- Cosmetic applications – Lavender water is good to clean makeup off and to tone the face.
- Pet wash – Terrific in the final wash to keep your pet flea free and cuddle-worthy.

LAVENDER BUSHES

These look wonderful in the garden, but have other uses as well.

- Drying linen – Drape linen over them to dry in summer as great Grandma did.
- Cooking – Try adding a few lavender flowers (must be *Lavandula Angustifolia*) to dishes.
- Insect repellent – Plant lavender bushes around windows and doors to deter mosquitoes.