

## Lavender – A Remedy for many health problems

Lavender is so much more than just a pretty purple plant known for its calming scent. It is one of the most powerful remedies in the plant world well known to healers and apothecaries since distant times. It offers both physical and emotional relief for problems as varied as burns, migraines, insomnia, insect bites, skin problems, infections, stress and nervous tension.

1. **Aching Muscles.** Pour a lavender bath to soothe aches & pains away. Apply Epsom salts and a few drops oil to the bath and soak away the tension.
2. **Acne.** Lavender is one of the most valuable oils for the treatment of acne, according to aromatherapists. "It inhibits the bacteria, helps to rebalance the skin and reduces scarring". Add a few drops of lavender oil to a plain cream sold by chemists.
3. **Bugs & Bacteria.** French laboratory studies in the early 20th century showed that lavender is a powerful antibacterial and combined with Lemon Balm is anti-viral.
4. **Burns (minor).** After you have cooled the area by immersing it in running cold water for 5 minutes, gently stroke on neat lavender oil. Pain relief is almost immediate, and burn usually heals without scarring.
5. **Cuts & Wounds.** Apply oil to sooth pain, prevent bacterial infection and aid scar-free healing. Apply neat.
6. **Earache.** Warm a bottle of lavender oil in hot water for a minute or two, then gently massage a few drops into the skin around the ears and throat. For babies & small children, add 2-3 drops of the warmed oil to a little olive oil and massage in the same way.
7. **Eczema.** Stroke a few drops of lavender oil and carrier oil into dry, itchy skin—small children will find this especially comforting
8. **Fatigue.** Add 5 drops of lavender oil to a hot foot bath and relax while your feet soak in it. The soles of the feet are particularly porous, so lavender reaches your bloodstream very quickly, exerting its stimulating and soothing effects on various systems of your body.
9. **Fevers.** For babies or small children and adults, sponge down very gently with tepid water to which you have added a drop of lavender oil. Take care not to let them get chilled
10. **Giddy Spells, Faintness or Palpitations.** Make your own smelling salts—sea salt, lavender oil, peppermint oil & basil oil.
11. **Headache.** The distilled water of Lavender (Hydrosol) Mist around your head is refreshing and soothing. Alternatively, make a compress of a piece of cause or muslin soaked in icy cold water then sprinkled with a few drops of lavender oil and apply to the forehead, or massage a few drops into the forehead, temples and nape of the neck.
12. **Insomnia.** To help to induce sleep, put 3 or 4 drops of lavender oil on your pillow. For babies, add 1 drop of lavender oil & geranium oil in carrier oil and massage into baby's back or a few drops in their bedtime bath.
13. **Long-Haul Travel.** Combine lavender, rosemary, neroli, frankincense and clary sage, into your hand luggage and roll it over your pulse points to help you keep a clear head during those endless hours in the air.
14. **Menstrual Cramps.** Massage a few drops of oil into your lower abdomen or apply a hot compress onto the area, which a little lavender oil has been sprinkled, a lavender wheat bag is ideal.
15. **Moths, Midges & Mosquitoes.** These annoying little insects all hate the smell of lavender. To prevent bites, splash yourself with lavender hydrosol before you go out at sunset or to bed, put 3-4 drops of oil on your pillow. Lavender oil is also a terrific remedy for insect bites, neat or a few drops in a solution of witch hazel, try our Itchy Bite Boss
16. **Scabies.** This infestation by a tiny mite burrowing into your skin causes intense itching. Rub the whole body with neat lavender oil, then following every day until better with a mixture of lavender oil and alcohol. Change and wash bedding and clothes and sprinkle lavender oil on the mattress.
17. **Shingles.** Combine a mix of lavender oil with, analgesic, antiviral & scar preventing essential oils neat or on compresses on the agonizing lesions of shingles. It usually produces a cure within 5-8 days.
18. **Sinusitis.** Lavender is one of several essential oils that aromatherapists recommend for inhalations to relieve sinusitis, add two drops of lavender & thyme oil to a bowl of near-steaming water and inhale slowly and deeply, with a towel over your head & bowl.
19. **Stress & Anxiety.** Keep a spritzer of Lavender Mist - Hydrosol handy to spray on your face during the day, or apply lavender oil neat to your temples.
20. **Sunburn.** Spray pure Lavender Mist – Hydrosol directly onto the skin.