

Lavender oil (Lavandula angustifolia), Available in: 5ml; 10 ml glass bottle

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Rating: Not Rated Yet

**Price**

£8.95

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Description

**10 ml - £8.95**

**100% USDA Certified Organic essential oil**



Lavender is one of the most widely used essential oils due to its calming and soothing properties, which helps to promote rest and relaxation, it has wonderful qualities and also smells great. It is calming, relaxing oil, which combats stress and crisis, while the antiseptic properties help with cold, flu and other ailments. It is excellent for asthma and migraines. The lavender essential oil also supports female health and on the skin, it has a healing effect, while preventing scarring and balancing the skin.

Every home should have a bottle of Lavender essential oil as it is very versatile, inexpensive and useful of all the essential oils. It relaxes, soothes and restores balance to mind and body. It stimulates the immune system and contributes to the healing process.

## Why Bulgarian Lavender Oil

Unique climate and soil conditions make Bulgaria one of the biggest producers of Lavender oil in the world. The air humidity, cloudiness, and precipitation in May and June contribute to the cultivation of lavender that yields a very high percentage of oil. Lavender is a fairly easy culture growing in almost any friable, garden soil. It grows best in light soil – sand or gravel – in dry, open and sunny places. Lavender requires good drainage and freedom from damp in winter. Now we can establish some of the industry finest plantations and offer directly to your door our Lavender Oil.

**Our Bulgarian Lavender Oil is a 100% pure and natural steam distilled essential oil product.**

## More information

**Botanical Name:** *Lavandula angustifolia*.

**Common Name:** Lavender.

**Family Name:** Lamiaceae (Labiatae).

**Parts used:** The flowers.

**Aroma:** fresh, sweet, herbaceous, floral.

**Colour:** clear.

**Country of origin:** Bulgaria (EU).

**Method of Extraction:** Steam distillation.

**Chemical Type:** Lavender has too many constituents to list (more than 100). Main molecules are: Linalool (alcohol), Lavandulol, A-pinene, limonene, 1,8-cineole, camphor, linalool (alcohol), linalyl acetate( Ester),terpinen-4-ol and lavendulyl acetate.

**Properties:** analgesic, anti-anxiety, antibacterial, antifungal, anti-inflammatory, antiseptic, antiviral, antispasmodic, balancing, cooling, detoxifying, decongestant, fungicidal, hypotensive, relaxing, sedative.

## Which systems/conditions benefit from its use?

**Skin:** lavender oil is useful for all types of skin problems such as abscesses, acne, oily skin, boils, burns, sunburn, wounds, psoriasis, insect bites, stings and also acts as an insect repellent.

Balances sebum in oily skin promotes cell growth and rapid healing for scars and stretch marks. For treating acne, it is one of the most useful essential oils, as it inhibits the growth of bacteria which cause the infection while working to heal the damage that has already been done.

**Lavender oil is one of the few essentials oils that can be used neat on the skin, and this is especially useful when treating a minor burn wound.**

**Nervous:** Lavender oil has a soothing and calming effect on the nerves, relieving tension, depression, panic, hysteria, and nervous exhaustion and is effective for headaches, migraines, and insomnia. Lavender essential oil is a wonderful sedative which helps aid in sleep. When massaged into the temples, lavender essential oil help to relieve headaches, migraine, and tension. Balances emotions, lifts depression, relieves stress, insomnia, and anxiety.

**Circulatory:** lowers high blood pressure and other stress-related conditions such a palpitations.

**Muscular:** For muscular pain, this oil is excellent, especially blended with Rosemary essential oil or Marjoram essential oil, as the properties of Lavender essential oil improve when mixed with another essential oil (it also improves the properties of the essential oil its mixed with). Lavender oil soothes and relieves aches, pains, and sprains.

**Skeletal:** Lavender oil relieves pain when used for rheumatism, arthritis, lumbago.

**Respiratory:** It is also very beneficial for problems such as bronchitis (relaxes breathing), asthma, colds, laryngitis, throat infections, and whooping cough. Antiviral effect on flu and colds and the best way to use it for these conditions is inhalation through steam. The analgesic, antiseptic and antibiotic properties of lavender essential oil make it great for treating colds, flu and coughs and the best way to use it for these conditions is inhalation through steam. Steam is a great antiviral treatment on its own, but when combined with the lavender essential oil you get soothing and decongesting elements, along with the destruction of bacteria, which may be responsible for further infections.

**Digestive system:** colic, nausea, vomiting, and flatulence.

In addition to its use as an ornamental plant, the flowers and leaves are also used as herbal medicine, either in the form of lavender oil or as an herbal tea. The flowers are also used as a culinary herb, most often as part of the French herb blend called herbes de Provence.

Lavender essential oil, when diluted with a carrier oil, is commonly used as a relaxant with massage therapy. Products for home use, such as lotions, eye pillows (including lavender flowers or the essential oil itself) and bath oils, etc., are also used to induce relaxation. Both the petals and the oil are the most popular ingredients in handmade soap.

As an essential oil, Lavender essential oil has antiseptic properties and was used in hospitals for disinfecting surfaces during WWI. It is also considered to be an effective natural anti-inflammatory.

As an insect repellent, the lavender essential oil will help protect clothes, sheets, and towels (soak a cotton ball and place in your linen cupboard), as well as your skin when applied in a spray or body lotion. If you should forget to use an insect repellent before you go outside and happen to get bitten, Lavender essential oil will help take the sting out of the bite, help to stop it from becoming infected and work to help it heal faster.

Dried lavender flowers and lavender essential oil are also used as a prevention against clothing moths, which do not like their scent.

**Blends well with** [Bergamot](#), [Clove](#), Clary Sage, [Eucalyptus](#), Jasmine, [Patchouli](#), [Rose](#) and [Rosemary](#) essential oils.

Lavender oil can be used as a massage oil or diluted in the bath, for abdominal pains, allergies, anorexia, arthritis, bowel disorders, fatigue, hay fever, headaches, insomnia, moodiness, trauma, anxiety, depression, hysteria, nightmares, fear, irritability, nervous tension, stress and just for the plain pleasure of relaxing in such a fragrant surrounding.

### **Applications**

Aromatic lamp: antidepressant, purifying air, insect - 5-6 drops.

Aroma Pendant: deodorizing, headaches, high blood pressure against viral infections – 1-2 drops of lavender oil.

Gargle: for colds, tonsillitis, cough, 1-hour hot water/emulsifier on-sugar, soda, salt, honey / - 1-2 drops of lavender.

Bath - stress, reduce nervous tension and mental fatigue, insomnia, arthritis, muscle pain: For a full-body bath up to 6 drops of lavender oil.

Sauna: antiseptic, antibacterial - 10 drops of lavender in 500 ml water.

Steam Inhalation: when having a cold, reduce tension, insomnia, PMS. Place 1 or 2 drops of Lavender oil in a bowl of hot water or a proprietary steamer and breathe 10 minutes.

Massage: depression, mental fatigue, nervousness, rhinitis, rheumatism: 25 ml base oil/almond, avocado, apricot, grape seed/max 8 drops of lavender essential oil.

For shampoo and hair mask (against hair loss and dandruff) - as a general rule for creams, shampoos, gels etc use 1 or 2 drops per 5ml.

Foot Bath eliminates fatigue and bad smell – 1-2 drops of Lavender oil for a foot bath.

Aroma Spray: for deodorizing, disinfecting, removing odors, insect – 15-20 drops of lavender in 250ml water, shake the bottle and spray the room.

Vaporizers: Burners; Light bulbs; Diffusers; Radiators. About 2 drops of oil are usually enough for each use.

### **Precautions**

Lavender is neither toxic nor irritating. Contraindicated for people with individual intolerance to lavender.

But remember...

The whole body can benefit from lavender. It is all-rounder, useful for treating all conditions as well as relaxing and balancing the whole body.

### **Important Note:**

Any reference to a disease or condition name does not indicate treatment for this disease or condition. Essential oils are without therapeutic indications. The information provided is for educational purposes only.

### **Reviews**

There are yet no reviews for this product.