

## Wellness Benefits of Lavender

The Latin word Lavender translates "to wash." Perhaps it is because the aroma seems to wash the senses. My favorite use is as a room spray. Having read of the antibacterial properties I added some lavender oil to an unscented natural and organic body & linen spray and I use it to wash the air. If you don't have access to a good organic body & linen safe spray try using Vodka. Rubbing alcohol typically contains contaminants I don't want in my body so Vodka is a nice base for a spray application. When sprayed in the air, lavender makes the air easier to breath and it relaxes everyone in the house, very nice when suffering from a head cold or allergies.

Lavender is an adaptogen. An adaptogen adapts itself to the needs of the environment. It displays anti-bacterial, anti-fungal, anti-parasitic and anti-mold properties making it a must for all homes. I keep it on hand as first aid for cuts, scratches, burns, acne, and sore muscles. Commonly known to relax and calm lavender can also boost stamina and energy if that is what you need from it.

There are many uses for lavender, some I have tried and some I haven't. What follows is a list of beneficial uses with some notes about my personal favorites. Please feel free to share your favorite uses with me.

Many herbalists prescribe lavender oil for eczema and psoriasis. I have had friends use a mixture of lavender and a mild carrier oil for their skin. In a warm bath a few drops of lavender oil is said to relieve the itch and any neuralgia pain.

When acne is plaguing our household we apply lavender oil directly to the source. I have tried many lavender oils and the only one I will apply neat (without a carrier oil) is the Young Living Oils brand. Others I have tried burned my skin when applied neat.

For a wonderful natural insect repellent you may rub the leaves of the plant onto the skin. Last year I combined lavender oil with lemongrass oil in a spray bottle with vodka and used it to spray down myself and my boys before venturing out of doors. Not only were we left alone by mosquitoes but we did not pick up chiggers, ticks or fleas either. What a treat after being plagued by them for years every time we set foot out the door.

I have used dried lavender buds as a moth repellent in my clothing for years. It soothes my senses instead of giving me a headache like standard moth balls. Not only do I not find moths in my clothes but I typically don't have problems with other pests either.

Here is a great list from [Organicfacts.net](http://Organicfacts.net). This site includes lots of good information so I posted their link below

**Nervous System:** Lavender essential oil has a calming scent which makes it an excellent tonic for the nerves and helps in treating migraines, headaches, anxiety, depression, nervous tension

and emotional stress. Its refreshing aroma removes nervous exhaustion and restlessness and increases mental activity.

**Sleep:** Lavender essential oil induces sleep and hence it is often recommended for insomnia.

**Pain Relief:** Lavender essential oil is also an excellent remedy for various types of pains including those caused by sore muscles, tense muscles, muscular aches, rheumatism, sprains, backache and lumbago. Massage with lavender oil provides relief from pain in the joints.

**Urine Flow:** Lavender essential oil is good for urinary disorders as it stimulates urine production. It helps in restoring hormonal balance and reduces cystitis or inflammation of the urinary bladder. It also reduces any associated cramps.

**Respiratory Disorders:** Lavender oil is extensively used for various respiratory problems including throat infections, flu, cough, cold, asthma, sinus congestion, bronchitis, whooping cough, laryngitis, and tonsillitis. The oil is either used in the form of vapor or applied on the skin of neck, chest and back. It is also added in many vaporizers and inhalers used for cold and coughs.

**Skin Care:** The health benefits of lavender oil for the skin can be attributed to its antiseptic and antifungal properties. It heals wounds, cuts, burns, and sunburns rapidly as it aids in the formation of scar tissues. Lavender oil can be added to chamomile to treat eczema.

**Hair Care:** Lavender essential oil is useful for the hair as it can be very effective on lice and lice eggs or nits.

**Blood Circulation:** Lavender essential oil is also good for improving blood circulation. It lowers blood pressure and is used for hypertension.

**Digestion:** Lavender oil is useful for digestion as it increases the mobility of the intestine. The oil also stimulates the production of gastric juices and bile and thus aids in treating indigestion, stomach pain, colic, flatulence, vomiting and diarrhea.

**Immunity:** Regular use of lavender essential oil provides resistance to diseases.

**Cautions:** As with many other essential oils, pregnant and breastfeeding women should avoid using lavender essential oil. It is also recommended that diabetics stay away from lavender oil as it raises blood sugar. It may also cause allergic reactions to people having sensitive skin. Some people may also witness nausea, vomiting and headaches due to usage of lavender oil.

Wishing you Whole Wellness

~\*~ *Regina Ann*

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*for more information on lavender visit:*

*<http://www.organicfacts.net/organic-oils/natural-essential-oils/health-benefits-of-lavender-essential-oil.html>*