

Lavender

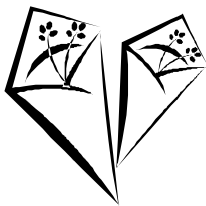
Botanical Name: *Lavendula officinalis*

Common Method of Extraction: Steam Distilled

Color: Clear with a Tinge of Yellow

Aromatic Description: Fresh, sweet, floral, herbaceous, slightly fruity.

Possible Uses: Acne, allergies, anxiety, asthma, athlete's foot, bruises, burns, chicken pox, colic, cuts, cystitis, depression, dermatitis, dysmenorrhea, earache, flatulence, headache, hypertension, insect bites, insect repellent, itching, labor pains, migraine, oily skin, rheumatism, scabies, scars, sores, sprains, strains, stress, stretch marks, vertigo, whooping cough. [Julia Lawless, [*The Illustrated Encyclopedia of Essential Oils*](#) (Rockport, MA: Element Books, 1995), 56-67.]



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