



LAVANDAÏS  
en Provence

# Properties and benefits of LAVENDER ESSENTIAL OILS



## FINE LAVENDER (*Lavandula Angustifolia*)

- **Insomnia** : 1 or 2 drops on the pillow at bedtime
- **Migraine, relaxation, stress** : 1 drop in massage on the temples or wrists.
- **Diffusion** : A few drops in an essential oil diffuser to perfume the room. Also helps to relax and unwind.

## ASPIC LAVENDER (*Lavandula Latifolia*)

- **Insect bites** : 1 drop applied will stop the itching (mosquitoes). For wasps and bees, stops the pain of the sting.
- **Muscle and joint pain, rheumatism and arthritis** : For massage, mix 4/5 drops with a vegetable oil.
- **Light burns and sunburns** : A few drops applied with a vegetable oil.



## LAVANDIN (*Lavandula Hybrida*)

- **Colds and bronchitis** : by rubbing in with a carrier oil and/or by inhalation 2/3 drops in a bowl of hot water.
- **Sauna and bath** : a few drops on kitchen salt, then diluted in the bath water.
- **Moth repellent** : spray the wardrobe or place a pebble with a few drops on it.
- **Lice and flea repellent** : a few drops in the shampoo or on the collar of the jacket will keep lice away. For fleas, 2 drops on the animal's back (not on cats) and on the bed.
- **Diffusion / Sanitizing the house** : a few drops in a diffuser will perfume the house. In the cleaning water, for the rinsing of the laundry, on the curtains...

## LAVANDIN FLORAL WATER

- On a cotton pad, as a **tonic after make-up removal**.
- Helps to **purify oily and acne-prone skin**.
- Helps to **dry skin problem** (psoriasis, eczema).
- Applied **after shaving or waxing** soothes irritation.
- In ironing water for **pressing and scenting clothes**.

Do not use on children under 6 years of age and pregnant and nursing women.  
Small potential allergic risks. Do a skin test (elbow fold) before use.



Shop online lavender essential oils on  
**lavandaisenprovence.com**

Made in  
**FRANCE**



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