

The Mystic Owl Apothecary  
Essential Oil Profile Sheet

**Lavender Essential Oil**

Botanical Name: *Lavandula officinalis*

Plant Part: Flowers

Origin: France

Processing Method: Steam Distillation

Color: colorless to pale yellow

Consistency: Thin

Note: Top

Strength of Aroma: Strong

Aromatic Scent: Fresh, herbaceous, floral scent with a woody, balsamic undertone

Blends With: Angelica, Bay, Bergamot and other citrus oils, Cardamom, Cedarwood, Cassie, Chamomile (Roman), Cistus, Citronella, Clary Sage, Clove, Coriander, Cypress, Fir, Frankincense, Galbanum, Geranium, Hay, Helichrysum, Jasmine, Juniper, Labdanum, Laurel Leaf, Lavandin, Lemon, Lime, Mandarin, Marjoram, Neroli, Nutmeg, Oakmoss, Orange, Orange Blossom, Orris, Patchouli, Pine, Rose, Rosemary, Sandalwood, Thyme, Tonka Bean, Vanilla, Vetiver, Ylang Ylang..

Common Uses:

Lavender is the all-purpose oil. It is beneficial for a wide variety of conditions. It is used for Nerves, Anxiety, insomnia, migraines, headaches, depression, tension, stress, heart rate, insect repellent, wound care, pain, irritation (anti-inflammatory), acne, urinary disorders, hormonal balance, cystitis, Respiratory issues (infection, flu, cough, cold, asthma, sinus congestion, bronchitis, whooping cough, laryngitis, and tonsillitis), expectorant (Chest congestion), lice, hair loss, blood flow/circulation, digestive aid (indigestion, stomach pain, colic, flatulence, vomiting, and diarrhea), immune system, skin conditions (wrinkles, psoriasis, burns/ sunburns, eczema)

Cautions:

None known.

Never ingest or use an essential oil undiluted unless advised by your health care provider or certified aromatherapist. Keep essential oils away from infants, children, and all pets.

