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# TOP 10 USES FOR LAVENDER OIL

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- 1. Bedtime:** Add a few drops of Lavender to pillow or feet before bedtime for a more restful sleep. Or begin diffusing next to the bed a few minutes before bedtime.
- 2. Skin Irritations:** Apply topically to soothe skin irritations. Dilute Lavender with Fractionated Coconut Oil to keep oil on the skin longer.
- 3. Air Freshening:** Add 2-3 drops to water spray bottle to cleanse and freshen air, closets, mattress, car, etc.
- 4. Calm Nerves:** Take 2-3 drops internally or aromatically to reduce anxious feelings and promote calmness.
- 5. Releasing Muscle Tension:** Lavender is one of the ingredients in the AromaTouch oil. You can also make your own blend using Marjoram, Basil, Rosemary or White Fir. Mix these oils with Fractionated Coconut oil before you massage.
- 6. Speech Support:** Rub 2-3 drops of Lavender on the outside of the throat to support clear confident speech. It is great for children learning to speak. It also is great for people preparing to speak publicly, too.
- 7. Pink Eye Support:** Rub lavender on the toes of the feet 3-4 times a day. You may want to add Melaleuca oil with the Lavender too.
- 8. Head Aches & Tension:** Mix Lavender, Frankincense and Peppermint with Fractionated Coconut oil and rub on temples.
- 9. Relieve Tension & Exhaustion:** Lavender 2 drops, Clary Sage 5 drops, Cypress 3 drops added to 1 teaspoon of coconut oil. Gently blend and apply to shoulders and base of the neck with an expectation of Peace and renewed energy.
- 10. Relieve Nervous & Agitated Feelings:** Lavender 3 drops, Wild Orange 2 drops, and Bergamot 1 drop added to 1 teaspoon of Fractionated Coconut Oil. Gently blend and apply to forearms with an intention of feeling peace and renewed energy.

\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

