

Lavender True (*Lavandula angustifolia*)



Origin	France
Botanical family	Lamiaceae
Plant	Flowering tops
Aroma	Floral sweet
Colour	Pale yellow/almost colourless
Extraction	Steam distilled and CO2 extraction
Cautions	Non listed
Note	middle

History

The ancient Greeks called Lavender nardus, after the Syrian city of Naarda and was commonly called Nard. Lavender was one of the holy herbs used to prepare the Holy Essence and Nard, or 'spikenard' is mentioned in the bible in the 'Song of Solomon' among other places.

Lavender derives its name from the Latin 'lavare' meaning 'to wash'. The Romans used Lavender to scent their baths, beds, clothes and even hair. They also discovered its medicinal properties.

The term 'aromatherapy' was first invented in 1928 by the French chemist Rene Maurice Gattefosse. After burning his hand in a laboratory accident, he discovered the healing properties of lavender oil using essential oils to help with the healing of his burns. He then proceeded to discover the healing qualities of essential oils by treating wounded soldiers from World War 1. Aromatherapists aim to treat the person and not necessarily the disease.

Recipe idea

Lavender True is everybody's friend. She loves all oils and a nice aromatherapy massage blend would be Lavender, Geranium and Orange which will be relaxing and uplifting in all ways.

Subtle aromatherapy

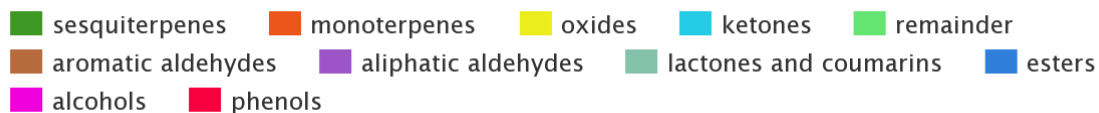
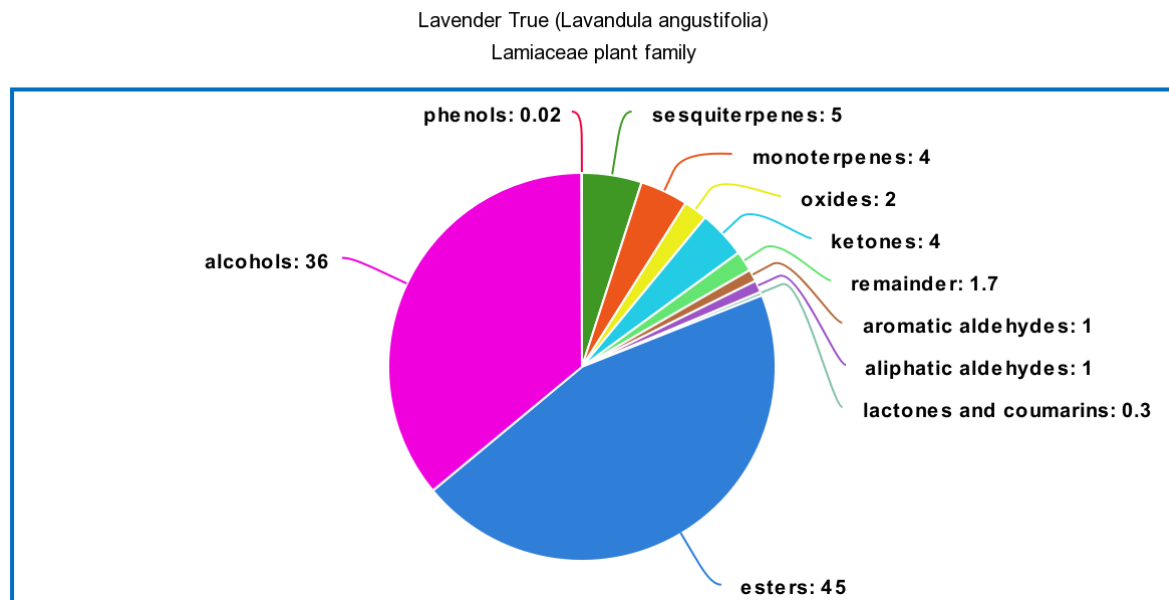
Lavender is calming and balancing to all energetic levels. It benefits all the Chakras with its actions of being both calming and energising. It can help to reach deeper states of meditation. It has a harmonising effect on our mind, body and spirit. It has its strongest affinity with the crown chakra.

Ayurveda: Lavender pacifies the vata by calming and relaxing the nervous system and cools the pitta due to its anti-inflammatory properties. In Ayurveda lavender is believed to bring mental peace through anxiolytic and soothing properties.

Traditional Chinese Medicine: In TCM lavender is considered cool and used to treat ailments associated with heat, especially when connected with the liver meridian. Lavender also supports the Heart Qi by regulating pulse and preventing rhythm disorders associated with stress and anxiety.

A great oil for meditation for relaxation and sleep.

Chemistry



a-pinene	0.02 – 0.67%
Limonene	0.02 – 1.68%
1.8 cineole	0.01 – 0.21%
Cis-ocimene	1.35 – 2.87%
Trans-ocimene	0.86 – 1.36
3-octanone	1.75 – 3.04%
Camphor	0.54 – 0.89%
Linalool	29.35 – 41.62%
Linalyl acetate	46.71 – 53.80%
Caryophyllene	2.64 – 5.05%
Terpinen-4-ol	0.03 – 4.16%
Lavendulyl acetate	0.27 – 4.24%

Therapeutic actions

Antimicrobial	Antirheumatic	Antiseptic	Antispasmodic	Astringent	Bactericidal
Carminative	Cicatrisant	Diuretic	Febrifuge	Hypotensive	Insecticidal
Rubefacient	Tonic	Vermifuge	Diaphoretic	Depurative	

<p>Digestive system</p> <p>Stimulates secretions, increases bile production, aid digestion of heavy fats</p>	<p>Immune system</p> <p>Coughs and colds Stimulates the production of white blood cells Fights off invading bacteria</p>	<p>Respiratory</p> <p>Its bactericidal properties make it good for coughs, sinus problems and bronchitis</p>
<p>Nervous system</p> <p>Calming, relaxing, uplifting, balancing. Good for head tension, poor sleep, anxiety and depression</p>	<p>Circulatory system</p> <p>Reduces blood viscosity Breaks up plaque deposits on the arteries Reduces cholesterol Tones blood vessels Good for vein health</p>	<p>Reproductive</p> <p>Gentle emmenagogue which can be helpful during labour, good for vaginal infections and may help with regulating periods</p>
<p>Endocrine system</p> <p>Stimulates menstrual cycle</p>	<p>Urinary system</p> <p>Helps with cystitis</p>	<p>Skin, muscles and body tissues</p> <p>Burns, spots, skin conditions, herpes, wounds</p>

Research

Aromatherapy massage with lavender essential oil and the prevention of disability in ADL in patients with osteoarthritis of the knee: A randomized controlled clinical trial.

<https://tisserandinstitute.org/learn-more/lavender-massage-osteoarthritis/>

Lavender is sometimes used as a home remedy for skin inflammation and burns. Using it in essential oil form may be good for scalp inflammation and dryness.

[A 2012 study](#) saw lavender oil used topically on skin inflammations and ulcers, with success. It reduced inflammation and sped up the healing process.

<http://europepmc.org/article/med/22558691>

Other studies show that Lavender True can.

- It helps promote hair growth
- antimicrobial
- help prevent or kill head lice

<https://www.healthline.com/health/lavender-oil-for-hair>

Notes

