



# Lavender

Available in 15mL and 10mL Touch\*

A T I N

AROMATIC TOPICAL INTERNAL NEAT

## FUN FACT:

- It takes about 3 pounds of lavender tops (flowers, leaves, stems) to make one 15mL bottle.

## AROMATIC DESCRIPTION:

- Clean, Floral, Calm

## COMMON USES:

- Diffuse, apply, take internally to soothe nerves, reduce anxious feelings, and promote a restful night's sleep.\*
- Apply on bottoms of feet to calm a restless or upset child (**Touch**®), and to unwind at bedtime.
- Apply to soothe minor skin irritations, bug bites, stretch marks, fine lines and/or wrinkles.
- Combine with **Lemon** and **Peppermint**, add 1-2 drops of each oil in veggie capsule or glass of water for seasonal relief.\*
- Apply where needed to soothe skin after a long day in the sun or excessive heat exposure.
- Add 2-4 drops to 1 cup Epsom salt and soak to help relieve stress and tension.
- Sprinkle/spray on pillows and bedding for a relaxing scent.
- Diffuse to encourage healthy self-expression.
- Use in cooking to compliment citrus flavors or add a flavorful twist to marinades, baked goods, and desserts.\*
- Add 10-20 drops to 1 cup baking soda. Sprinkle on carpets for a natural deodorizer. Let sit. Vacuum.
- Add to dryer balls for a refreshing aroma on clothes.



**Lavender Touch**® is great on-the-go and for use with kids or those with skin sensitivity or fragility.

## Diffuser Blends

### Relaxed Rejuvenation

3 drops **Lavender**  
3 drops **Eucalyptus**  
3 drops **Tangerine**

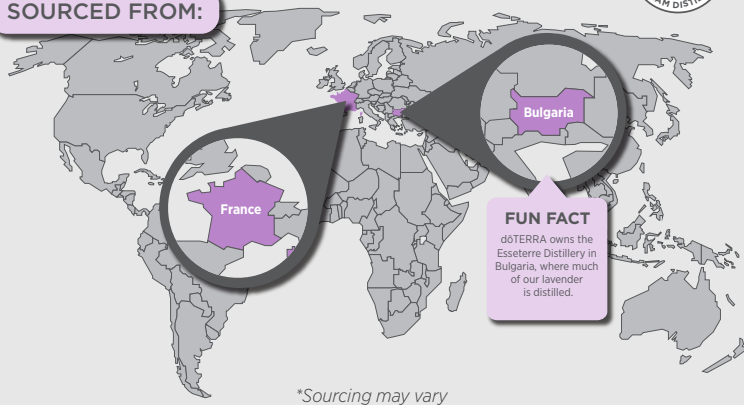
### By the Sea

3 drops **Lavender**  
3 drops **Lime**  
1 drop **Spearmint**

## Lavender Cupcakes

Find recipe here: [tiny.cc/doterralavender](http://tiny.cc/doterralavender)

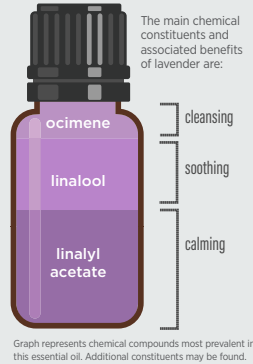
## SOURCED FROM:



## WHAT IT TAKES TO MAKE A BOTTLE:



## CHEMISTRY:



## RESEARCH:



## FUN FACT

A new lavender plant takes two years to mature from seed.

## WORKS WELL WITH:



\*Varies by season, region, year, and other variables. For US market use only.

## Directions For Use

- A** Use 3-4 drops in diffuser, place 1-2 drops in palms and inhale deeply, or apply to porous-type or diffusing jewelry.
- T** Apply 1-2 drops to desired areas. Use **Touch**® or dilute with **dōTERRA® Fractionated Coconut Oil** to minimize skin sensitivity as needed. Combine with or add to skin, hair, and body care routines.
- I** Take 1-4 drops in 4oz of liquid, under tongue, or in veggie capsule.\*

**NOTE:** Possible skin sensitivity. Keep out of reach of children. If pregnant, nursing, or under a doctor's care, consult physician. Avoid contact with eyes, inner ears, and sensitive areas.