

A LAVENDER LIFE



True lavender oil is extracted from the *Lavandula angustifolia* family and is also known as garden, common or English lavender. Its aroma is fresh and light, it is clear in color and watery in viscosity. The name lavender is derived from the Latin word 'lavera' to wash, and the Romans used lavender frequently in their bath routine. It is classified as an essential oil and is used as a miscellaneous skin-conditioning agent and fragrance ingredient. Lavender oil is also known as lavender flower oil.

This herb's health properties include antibacterial, antiviral, antiseptic, bactericide, anti-fungal and anti-inflammatory making it ideal to be included in any skin product especially for acne skin problems in particular. It also tones the skin and coupled with all its other excellent properties, make this an extremely useful essential oil for all skin types.

You can apply lavender directly from the bottle to the skin. Unlike other essential oils, lavender doesn't have to be diluted. But if you want to dilute it, combine 2.5 to 10 percent of lavender essential oil to a carrier oil like olive, jojoba or almond oils. Even though lavender oil is considered safe and can be used undiluted, your skin can become sensitized from repeated use and will react when it comes into contact with it. Hence putting this



essential oil with all its health benefits into a cream, paste, or lotion, ensures the beneficial delivery without any future worry of desensitization.

Lavender's skin benefits of antiseptic and anti-fungal help to reduce scarring and speed healing. For anti-inflammatory, when the skin's inflammation is relieved, there is less skin redness and complexion blotchiness.



Lavender is also known to enhance the circulatory system which means an increase in blood flow. This in turn means more nutrients are being supplied and brought to the skin with much needed oxygen to the cells. This is essential to healthier cells, and benefits more frequent cell turnover. This beneficial property has great value in helping the skin heal itself, stimulating cell growth, reducing inflammation, preventing scarring and balancing the production of oil while at the same time cutting down on localized pain which is especially helpful when fighting acne and other skin problems.

Lavender's other beneficial properties include anti-toxic, cytophylactic, decongestant, rubefacient, restorative, vulnerary and tonic therapeutic effects on the skin.

Because of the high percentage of linalool that it contains, it is excellent for promoting healing. The vulnerary properties help to prevent tissue degeneration and also arrest bleeding in wounds. It balances the skin, which makes it ideal for any skin type.

Its cytophylactic properties (encouraging the growth of new skin cells) stimulates the growth of new skin cells, which is a boon for any anti-aging skin care product, as well as people struggling with acne, psoriasis, eczema of other skin problems, as well as for minor wounds and sores.

The cicatrisant properties in turn help the formation of healing scar tissue and normal healing, while preventing scar keloids (scarring) on the healed skin, making it perfect for any wounds as well as acne and problem skin. And as a bonus, the analgesic properties help reduce local pain on the inflamed skin.

Its balancing action on the skin makes it perfect to be used in cases of abscesses, acne, carbuncles, eczema, minor infections, oily skin, boils, burns, sunburn, wounds and psoriasis, while its rubefacient properties increase blood circulation and relieve congested pores and skin cells.

Blending this herb with other certain herbs and oils, enhances the skins beauty, and may slow the aging process to a crawl. For products using this herb and others to bring back the younger you, visit [DreamSpiritDancer](#).