

Essential oils at a glance – Lavender oil

Dr Gillian Hale

Oil of the month – Lavender

Name of oil:	Lavender, True	Latin name:	<i>Lavandula angustifolia</i>
Description of plant:	An evergreen shrub with bluish-mauve flowers carried in spikes at the end of thin stalks. Native to the Mediterranean area	Nature of oil:	Colourless to pale yellow liquid. The aroma is sweet floral-herbaceous, and has an uplifting, calming and refreshing effect
Method of oil extraction:	Steam distillation of the flowering tops	Blends well with:	Citrus essences, cedarwood, clove, clary sage, coriander, cypress, frankincense, geranium, juniper, mimosa, neroli, rose, oakmoss, petitgrain, pine
Specific precautions required:	Generally non-irritant and non-sensitizing, but reports of dermatitis with over-use		
Aromatherapeutic properties:	Skin care (most skin types), acne, allergies, athlete's foot, boils, bruises, eczema, dandruff, dermatitis, burns, chilblains, psoriasis, ringworm, scabies, insect bites/stings, insect repellent, asthma, earache, coughs, colds/influenza, catarrh, laryngitis, nausea, colic, cystitis, painful menstruation, depression, headache, insomnia, migraine, nervous tension, premenstrual syndrome, stress-related disorders		

Information from: Wildwood C. *Aromatherapy*. Bloomsbury Publishing Plc, 1996.

For more information on essential oils and, specifically, their role in stress management, visit:

<http://www.aromatherapy-stress-relief.com/stressatwork.html>

Dr Gillian Hale is co-founder of [Aromatherapy-stress-relief.com](http://www.aromatherapy-stress-relief.com),

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