Lavender Essential Oil

Lavender (*Lavandula angustifolia*) has a scent that’s a wonderful blend of fresh, floral, clean, and calm. It’s this dynamic aroma that has made the flower a classic for perfumes, soaps, fresheners, and beauty products. As one of our most popular products, Lavender oil is a great beginner oil and a must for every home.

Lavender essential oil isn’t just a favorite because of its classic scent—it’s also highly versatile. From skin care products to relaxing routines, this oil can infuse many areas of your life.

You can find Young Living Lavender oil in blends such as Stress Away™, Harmony™, RutaVaLa™, Tranquil™, and Forgiveness™.

Lavender Essential Oil Uses:

* Treat yourself to this well-loved aroma by adding a few drops of oil to lotions, shampoos, and skin care products.
* Create a spa-like retreat by combining 1 cup Epsom salt and 4 drops oil and adding to a hot bath.
* Make a basic homemade body scrub with coconut oil, sugar, and Lavender essential oil.
* Unwind with a Lavender-infused neck or back massage.
* Use Lavender as part of your evening routine. Rub oil on the bottom of your feet before bed or spritz your pillow with distilled water and Lavender mixed in a spray bottle.
* Create a DIY room freshener with Lavender or diffuse it to banish stale odors.

[Lavender Essential Oil PIP](https://static.youngliving.com/en-US/PDFS/PIP%202016%20Lavender15.pdf)

 [EarthKosher Certified](https://www.youngliving.com/en_US/products/kosher%22%20%5Ct%20%22_blank)

How to Use

**Topical:** Apply 2–4 drops directly to desired area. Dilution not required, except for the most sensitive skin. Use as needed.

**Aromatic:** Diffuse up to 1 hour 3 times daily

**Caution:** Keep out of the reach of children. If you are pregnant, nursing, taking medication, or have a medical condition, consult a health professional prior to use. For external use only. Keep away from eyes and mucous membranes.

**Storage:** Keep in a cool, dark place.

Ingredients

Lavandula angustifolia (Lavender) oil

100% pure, therapeutic-grade essential oil