Lavender

*Lavandula angustifolia* - *Lamiaceae (Labiatae)*

Lavender is a hardy aromatic shrub, growing to a height of 1 metre, with narrow pointed leaves and grey-blue flowers borne on slender stalks. Native to the Mediterranean, lavender is now grown around the world, flourishing on poor, dry soils. Numerous varieties of lavender are grown and it is important to know which plant is being used for oil production as the chemical compositions vary greatly.

<table>
<thead>
<tr>
<th>Place of Origin</th>
<th>Part of plant used</th>
<th>Method of Extraction</th>
</tr>
</thead>
<tbody>
<tr>
<td>France, UK, Bulgaria, Russia</td>
<td>flowering tops, leaves</td>
<td>steam distillation</td>
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</table>

**Characteristics**

- **Place of Origin**: France, UK, Bulgaria, Russia
- **Part of plant used**: flowering tops, leaves
- **Method of Extraction**: steam distillation

**Yield**: 0.5-2%

**Colour**: Colourless

**Perfume notes**: Middle

**Aroma**

**Chemical Composition**

<table>
<thead>
<tr>
<th>Monoterpenes</th>
<th>Monoterpenols</th>
<th>Esters</th>
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</thead>
<tbody>
<tr>
<td>myrcene</td>
<td>linalool</td>
<td>linyl acetate</td>
</tr>
<tr>
<td>ocimene</td>
<td>terpinen-4-ol</td>
<td></td>
</tr>
<tr>
<td>alpha &amp; beta pinene</td>
<td>18-42</td>
<td>20-40</td>
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<tr>
<td></td>
<td>3</td>
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</table>

**Sesquiterpenes**: beta-caryophyllene

**Oxides**: 1,8 cineole

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There are several species and hybrids of lavender many of which yield an essential oil. It is important to use the Latin name when looking at oils, as the composition varies: *Lavandula spica / latifolia* produces an oil rich in 1,8 cineol (24%) and camphor (20%) - making it stimulating; *Lavandula stoechas* contains high levels of ketones.

**Properties:**

- Analgesic, antispasmodic, antidepressant, antimicrobial, antiinflammatory, cicatriscant, cytophylactic, nervine, sedative, restorative, vulnerary, antitussive, gentle emmenagogue, diuretic, hypotensive, insecticidal, stimulant

**Precautions:**

Non-toxic, non-sensitising, non-irritant One of the safest essential oils
**Lavandula angustifolia - Lamiaceae (Labiatae)**

### Indications

<table>
<thead>
<tr>
<th>Circulatory</th>
<th>Musculo-skeletal</th>
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<td>High blood pressure, poor circulation</td>
<td>Headaches, cramps, muscular aches &amp; pains, lumbago, sciatica, spasms, arthritis, rheumatism, sprains, injuries, neuralgia, pain anywhere in the body</td>
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<tr>
<th>Digestive</th>
<th>Nervous</th>
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<td>Colic, cramps, dyspepsia, flatulence</td>
<td>Depression, mental fatigue &amp; vulnerability, anger, frustration, tension, shock, insomnia, fear, anxiety</td>
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<tr>
<th>Genito-Urinary / Gynaecological</th>
<th>Respiratory</th>
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<tr>
<td>Dysmenorrhoea, PMS, scanty periods, menopausal irregularities</td>
<td>Catarrh, colds, flu, sinusitis</td>
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<th>Immune System</th>
<th>Skin</th>
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<td></td>
<td>Acne, skin infections, fungal infections, allergies, dermatitis, psoriasis, bruises, dandruff, sunburn, burns, wounds, inflamed &amp; itching skin, insect bites &amp; stings – can be used neat</td>
</tr>
</tbody>
</table>

### Clinical Research

Lavender has been the subject of much research over the years with many of the claimed Properties being proven scientifically. A selection is provided:

- Sedative activity demonstrated from inhaled oil; antibacterial activity shown against MRSA; insecticidal activity proven, antimicrobial activity shown against broad range of fungi and bacteria.

### Psychological uses

Lavender is one of the best aromatic remedies for all stress related conditions, either stimulating the mind if appropriate or calming and sedating as needed. For example if "stuck in a rut", unable to accept new ideas or to adapt to a changing situation, lavender will smooth the way, gently breaking old habits and allowing one to embrace the new and vital.

Conversely in an acute crisis, the stress associated with a sudden change will be dispersed by lavenders ability to instil a feeling of calm control and inner strength. Aesthetically, lavender opens us up to the beauty around us, allowing the release of negative thoughts and habits. It has a profoundly softening effect upon the mind.

### Summary

Balancer, adaptogen, most versatile oil