

Shingles-Apply lavender oil neat or on compresses on the agonizing lesions of shingles. It usually produces a cure within 5-8 days.

Sinusitis-Lavender is one of several essential oils that aromatherapists recommend for inhalations to relieve sinusitis, add two drops of lavender & thyme oil to a bowl of near-steaming water and inhale slowly and deeply, with a towel over your head & bowl.

Stress & Anxiety-Keep a spritzer of Lavender Mist - Hydrosol handy to spray on your face during the day, or apply lavender oil neat to your temples.

Sunburn-Spray pure Lavender Mist – Hydrosol directly onto the skin or Add 8 drops of lavender oil and 4 drops of peppermint oil to a teaspoon of meadowfoam oil. Pour it into a cool-to-lukewarm bath and soak for 10 minutes.

Lavender Bath-Excellent for aching muscles, relaxation, stress relief. Add 6-8 drops Lavender essential oil after running the water and vigorously agitate water. Add the drops to a capful of milk or Epsom salts and then put in the bath as this helps to disperse the oils through out the water. This is a great way to receive the benefits of Lavender oil. Lie back and enjoy!

Lavender Shower-After wetting your hair, add 3 drops Lavender oil to a capful of water and tip onto your head. Stand under running water and allow oils to rinse off. Cup your hands over your face and breathe in the vapours. Add oils when shampooing your hair and rinse off as normal.

Lavender Vaporisation-Fill the top dish of an 'oil burner' or 'vaporiser' with water and add 6-8 drops of Lavender oil. Place a lit tea light candle in the space provided underneath the dish. This is a very good way to receive the benefits of the Lavender oil. Use in the bedroom or living room. Vaporisation is especially good to use when you have a cold or feel unwell. Keep burner away from draughts and open windows. Hint: use warm water in the dish for quicker results.

Lavender Massage-This is a particularly effective way to apply the oils when you have tight and sore muscles or have sustained an injury. The oils will be absorbed quickly into the blood stream, thus assisting the body and mind. NEVER massage UNDILUTED oils, always use a good quality carrier oil. We suggest Lavender Ranch Meadowfoam. Add 5 drops of Lavender oil per 10ml of carrier oil.

Lavender Tissues/Handkerchief-Good for instant relief from flu, sinusitis and anxiety. Use 1-3 drops Lavender oil and inhale immediately as required.

Lavender Hand/Foot Bath-Great for tired feet, fatigue or sore/dry hands. Add 4-6 drops Lavender oil to a large bowl of warm water and soak for approx 10 minutes. Then apply a Lavender lotion for added benefits.

Boo Boo Relief. Lavender has disinfecting properties. It's great for the skin, and wonderful for relief from cuts and scrapes, especially if the cut or scrape is located wherever it's difficult to keep covered.

A Dry Climate Answer. If you suffer from dry, itchy skin, and don't want to mess around with chemical smelling lotions, add lavender to a carrier oil and comfort will be yours! **Try Lavender Ranch Meadowfoam**

Cuts & Wounds-Apply lavender oil to sooth pain, prevent bacterial infection and aid scar-free healing. Apply neat.

The Oatmeal Secret. Fill a baby food jar with oatmeal, and add 5-8 drops of lavender oil. When it's time to wash your face, add water and it becomes an excellent natural scrub! A little goes a long way.

Lavender Compress-In a bowl or warm water add 6-8 drops Lavender oil and then gently squeeze out and apply to area of your body you wish to treat. Use cold water for treating new muscularinjuries or sprains.

Burns(minor)-After you have cooled the area by immersing it in running cold water for 5 minutes, gently stroke on neat lavender oil. Pain relief is almost immediate, and burn usually heals without scarring.

Scabie-This infestation by a tiny mite burrowing into your skin causes intense itching. Rub the whole body with neat lavender oil, then following every day until better with a mixture of lavender oil and alcohol. Change and wash bedding and clothes and sprinkle lavender oil on the mattress.

Lavender Steam Inhalation-Great for colds and flu or as part of a skin/careacne regime. Add 4-6 drops to a bowl of hot water. Place a towel over your head and breathe in the vapour. Keep your eyes shut. Continue to breathe deeply for a few minutes, occasionally removing the towel and your head from the bowl.

Pet Smells No More. Add a skiff or two of your baking soda and lavender mixture to carpets and vacuum up! If you have pets, (especially the un potty trained variety), fight back with lavender!

Horrific Heels & Foot Fatigue. If you've been wearing sandals all summer, and your heels look like the Atacama Desert, drops of lavender in a hot foot bath is the answer. Your porous feet will thank you.



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LAVENDER ESSENTIAL OIL



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LAVENDER ESSENTIAL OIL BENEFITS

Chase Away Stagnant Closet Air. You know that smell. Fabrics of all variety, shoes for every occasion, plus a dirty clothes bin and no fresh air can only equal one thing...you need lavender essential oil. Whether diffused, drizzled on earthen ware, or dripped on cotton balls, chase stagnancy away!

Take the Bite Out of It. Insects, creepies and crawlies are not too fond of the smell of lavender. In fact, they hate it. If you forget to go the prevention route, lavender soothes bites, itching and inflammation.

Kids Won't Go Down? Lavender drops on their pillows ... it's like magic. It will help ease their mind, calm them down, make bedtime a bit more rewarding, and best of all ... lull them into a restful sleep.

Skip the Aerosol Chemical Sprays. Next time you are deodorizing the bathroom, think of lavender and water in a spray bottle. Lavender's antibacterial, antibiotic, antiviral, antiseptic properties can only help.

Take the Acrid Out of Vinegar. If you clean with vinegar, but can barely stay vertical while using it, lavender is the answer. Just add lavender and vinegar together in the spray bottle and you're set!

Therapeutic Dish or Laundry Soap. If your liquid soap smells a bit flat, you can add lavender for additional aromatherapy benefits and antibacterial properties. It transforms your cleaning experience!

Lovable Linens. What does your linen closet smell like? Probably cotton. Maybe old cotton. Energize your linens with lovely smelling lavender. It leaves no oil marks and leaves things invigoratingly fresh.

Wood Floors, Like New. A tired wood floor is, well ... tired. Commercial floor polishes often contain harsh chemicals. Woods love oil. Just add lavender to your cleaning system and your floor can look like new!

Help That Trusty Ball Cap. A well-worn, much loved ball cap can look great, but smell like a wild animal. Add 4-5 drops of lavender to make it bearable. It will be your favorite hat if you have a headache too!

Change Your Sheets, Refresh Your Mattress. Unfortunately, your mattress can be neglected, and have that "wires, foam and fabric" smell. Add lavender when you change your sheets and neglect no more!

Sweet Smelling Vacuum Bags. Your vacuum can be your nemesis when it comes to keeping your home smelling clean. As you well know, it can even blow microfine dirt! Pin some cotton balls (soaked in lemon and lavender oils) on the inside of the bag and let your vacuum blow!

Neck & Wing Relief. When you have neck and scapula tension, apply lavender with fractionated coconut oil, breathe it in and massage those knots out!

A Hood of Wonder. Next time you have a cold or the flu, remember the lavender steam hood. Add 4-6 drops to a bowl of hot water. Place a towel over your head, and inhale the vapor slowly and deeply.

A Woodworker's Friend. Do you work with wood or handle wood? Rather than dig a hole in your finger trying to catch that splinter, add a few drops of lavender, let the splinter swell and slip out.

Allergies, Sinuses & Congestion Oh My! Lavender can calm down unruly sinus issues, defiant allergies and other respiratory issues. Just apply on the back of your neck, chest, and between your eyes.

Fortify Your First-Aid Kit. Basic First-Aid kits are often geared toward minor skin irritation, scrapes, rashes, and so forth. Lavender is great for all those, not to mention its calming properties!

Rub a Dub Dub. Rather than using regular soap and warm water at baby's bath time, add about five drops of lavender oil to the warm water. Your tot's skin will be pampered and smell great!

Soak Away Stress. Your muscles are tight. Anxiety and deadlines are eating at you. Your heart is racing. Where's the pressure release valve? Right here, with lavender. Add to a warm bath, soak it in, soothe.

Let Vapor Talk. Wet your hair in the shower. Add 4 drops of lavender to a handful of water and work it into your hands and hair. Tilt your head down, under the water and capture the aroma distilled vapor as it melts off your hands and hair. You'll love how it smells, and how your hair feels!

Target Acne, at the Source. Bacteria thrive in sebaceous glands that over produce sebum...that waxy stuff that can be associated with acne. Lavender helps balance sebum and control break outs. Lavender is one of the most valuable oils for the treatment of acne, according to aromatherapists. "It inhibits the bacteria that cause the skin infection, helps to rebalance the over-secretion of sebum, which the bacteria thrive on, and reduce scarring". Add a few drops of lavender oil to a plain cream sold by chemists and use as a moisturizer or cleanser.

Aching Muscles. If you've spent a back-breaking afternoon in the garden, jump into a lavender bath to soothe aches & pains away. Apply Epsom salts & a few drops of Lavender Oil to the bath and soak away the tension.

Bugs & Bacteria. When you buy a new mascara add one or two drops to it and stir the wand around a bit to mix. It will keep it fresh longer, condition your lashes better and fight against those microscopic mites that often live in our hair follicles (whether we know it or not). The biggest issue with mites is losing lashes on occasion.

Earache. Warm a bottle of lavender oil in hot water for a minute or two, then gently massage a few drops into the skin around the ears and throat. For babies & small children, add 2-3 drops of the warmed oil to a little olive oil and massage in the same way.

Eczema. Stroke infused lavender oil (a few drops of lavender oil & carrier oil) into dry, itchy skin—small children will find this especially comforting or add a few drops of lavender oil to calamine lotion, shake before use.

Fatigue. Add 5 drops of lavender oil to a hot foot bath and relax while your feet soak in it. The soles of the feet are particularly porous, so lavender reaches your bloodstream very quickly, exerting its stimulating and soothing effects on various systems of your body.

Fevers. For babies or small children, sponge them down very gently with tepid water to which you have added a drop of lavender oil. Take care not to let them get chilled. This works for adults too.

Giddy Spells, Faintness or Pulpitations. Make your own smelling salts—sea salt, lavender oil, peppermint oil & basil oil.

Headache. Apply a few drops of lavender oil and apply to the forehead, or massage a few drops into the forehead, temples and nape of the neck.

Insomnia. In a number of small studies, elderly psychiatric patients have been shown to sleep better and be more alert during the day when their sleep medication is replaced with lavender oil either dropped on their pillows, or placed in a diffuser on the ward. To help to induce sleep, put 3 or 4 drops of lavender oil on your pillow. For babies, add 1 drop of lavender oil & geranium oil in carrier oil and massage into a babies back or a few drops in their bedtime bath.

Long-Haul Travel. Combine lavender, rosemary, Neroli, frankincense & clary sage, into your hand luggage and roll it over your pulse points to help you keep a clear head during those endless hours in the air.

Menstrual Cramps. Massage a few drops of lavender oil into your lower abdomen or apply a hot compress onto the area, which a little lavender oil has been sprinkled.

Moths, Midge & Mosquitos. These annoying little insects all hate the smell of lavender. To prevent bites, splash yourself with lavender hydrosol before you go out at sunset or to bed, put 3-4 drops of oil on your pillow or soak cotton wool ball in the oil and leave it on a saucer in front of the window. Lavender oil is also a terrific remedy for insect bites, soothing itching & inflammation: dab it on to them neat as soon as possible. To keep moths off your clothes, hand lavender bags on you coat hangers or keep them among your sweaters and refresh them with a drop or two of lavender oil from time to time.