

# LAVENDER

## LAVANDULA ANGUSTIFOLIA

Country of Origin: Bulgaria

Steam Distilled from flowering plant

Lavender essential oil (*Lavandula angustifolia*) is one of the most widely used and enduring oils in botanical practice, valued for its gentle nature, comforting aroma, and versatility. Steam distilled from the flowering tops, it has long been used in daily routines to promote calm, support relaxation, and bring balance to both body and atmosphere. Because of its adaptability, lavender is often considered a foundational oil—useful for everyday living as well as more intentional moments of care.

Lavender, vera is especially prized for its refined aromatic profile and is regarded as one of the finest lavender oils available. Cultivated in high-altitude regions, it is increasingly rare and valued for its soft, floral aroma that distinguishes it from other varieties. In addition to its traditional use for physical comfort and skin support, it is also appreciated for its ability to support emotional and energetic balance in a way that stands apart from many other lavenders.

Pure lavender oil is often kept close at hand because it serves so many purposes. It is traditionally used to support rest, ease occasional stress, soothe the skin, and create a more peaceful environment throughout the day. From bedtime routines to simple aromatic use in the home, lavender remains one of the most trusted oils for bringing softness and steadiness into everyday life.

## FUNCTIONAL CONSTITUENTS

**Linalool** A naturally occurring monoterpene alcohol widely found in lavender. Traditionally associated with calming and relaxing properties, linalool is commonly used to support nervous system balance, ease occasional tension, and promote a sense of well-being.

**Linalyl Acetate** An ester that contributes significantly to lavender's soft, floral aroma. Commonly associated with soothing and calming effects, it is traditionally used to support relaxation, restful sleep, and emotional balance.

**Terpinen-4-OL** A monoterpene alcohol known for its cleansing and purifying properties. Often used to support skin health and maintain a clean, balanced surface environment.

**Clinical Studies:** <https://pmc.ncbi.nlm.nih.gov/articles/PMC3612440/>  
<https://pubmed.ncbi.nlm.nih.gov/12112282/>  
<https://pubmed.ncbi.nlm.nih.gov/22517298/>  
<https://pmc.ncbi.nlm.nih.gov/articles/PMC12454915/>



## HOW WE SOURCE

Lavender oil quality varies significantly based on altitude, climate, and harvesting practices. High-altitude lavender produces a more refined oil with a naturally higher ester content, resulting in a softer, more balanced aroma.

Our Lavender essential oil is sourced from high-altitude regions where growing conditions support optimal plant chemistry. The flowering tops are carefully harvested and steam distilled to preserve the delicate aromatic compounds without the use of harsh solvents or chemical processing.

The result is a pure, aromatic oil that reflects the plant's natural profile - clean, floral, and gently herbaceous.

## OUR LAVENDER IS:

- ✓ True *Lavandula angustifolia* (Lavender, vera)
- ✓ High-altitude grown for optimal aromatic quality
- ✓ Steam distilled from flowering tops
- ✓ Free from synthetic additives and fillers
- ✓ Carefully selected for purity and consistency

Our high-quality lavender oil is chosen for its balanced aroma, gentle nature, and reliable everyday performance.

## WHAT TO LOOK FOR VS. WHAT TO AVOID

### Look For:

- True species identification\*
- Non-camphorous profile\*
- Ester-rich composition\*
- Gentle, skin-friendly character\*
- Consistent aromatic quality\*

### Avoid:

- Misidentified plant species\*
- Sharp or medicinal scent\*
- Low-ester composition\*
- Overly aggressive profile\*
- Inconsistent aroma\*

## HOW TO USE LAVENDER

Lavender is valued for its versatility and ease of use. It can be incorporated into daily routines through aromatic, topical, and bath applications.

### Aromatic

Diffuse 5–10 drops for 15 minutes per hour as desired to create a calm, balanced environment.\*

### Topical

Apply 2–4 drops to pulse points, temples, or soles of the feet. Dilution with a carrier oil is recommended for sensitive skin.\*

### Bath

Add 15–20 drops to mineral salt and dissolve in warm bath water to support relaxation and ease tension.\*

### Daily Use Notes

Lavender works best when used consistently and simply. Small, regular use is preferred over occasional heavy application.

## WHAT IT SUPPORTS

Lavender essential oil is traditionally used to support the body and mind across both physical and emotional applications. Its gentle nature and broad versatility make it a consistent choice for daily routines as well as more targeted use.

When used regularly and in small amounts, it is commonly used to support the following:

- Relaxation and emotional balance\*
- Restful sleep and nighttime calm\*
- Occasional stress and tension\*
- Skin comfort and recovery\*
- Head and neck tension\*
- A calm, grounded atmosphere\*

Lavender is not typically used for a single purpose. It works best as a steady, supportive oil that can be incorporated into daily life to help maintain balance, ease, and overall well-being.

## LAVENDER IN THE STILLROOM

Lavender holds a steady, reliable place in the stillroom. It is not reserved for specific conditions or occasional use - it is reached for often, both for the body and the atmosphere.

It is used to soften tension, settle the nervous system, and create space for rest. Whether diffused, applied topically, or added to water or bath, lavender supports a return to calm without overwhelming the senses.

In the stillroom, lavender is valued for its consistency. It is simple, approachable, and effective - used regularly, in small ways, to bring balance and steadiness into daily use.

## MORE WAYS TO USE FULVIC

### Bedtime Routine

Apply to feet or diffuse in the evening to support restful sleep.\*

### Skin Comfort

Use on minor irritations, bites, or burns for soothing support.\*

### Emotional Reset

Diffuse or inhale directly during moments of stress or overwhelm.\*

### Personal Scent

Apply to pulse points as a soft fragrance throughout the day.\*

### Home Atmosphere

Add to sprays or diffusers to create a calm, balanced environment.\*

## CAUTIONS

- Safety Group 1: Generally regarded as safe when properly diluted and used as directed with children and while pregnant or nursing.
- Keep out of reach of children.
- A doctor's advice should be sought before using this and any supplemental dietary product.

*The information in this document has not been evaluated by the FDA and is not intended to treat, diagnose, cure, or prevent any disease. This information is not intended as a substitute for the advice or medical care of a qualified healthcare professional and you should seek the advice of your healthcare professional before undertaking any dietary or lifestyle changes. This information is provided for educational purposes only.*

