**LAVENDER**

Name: L. officinalis and L. angustifolia, are considered to have high medicinal properties. Other names used are: ENGLISH LAVENDER (*Lavandula vera*), SPIKE LAVENDER (*L. spica*, D.C., or *latifolia*, Vill.), FRENCH LAVENDER(*L. Stoechas).* **FAMILY NAME: LAMIACEAE**

Parts used: Flowers, leaves and stems (essential oil), flowers (in tea or infusión use 1 tsp. dried herb or 2 tsp fresh herb in 1 c boiling water). The essential oil as well as the flowers (fresh or dried) can be used for hot baths or herbal steams, as well as for massage oil (infused) or add 8-10 drops of essential oil to 4oz. vegetable oil (almond, grapeseed, apricot kernel oil) creams, salves.

Uses: Relaxing, calming, cooling, uplifting, relieves tension, stress and insomnia, brings strength to heart and mind in moments of stress, aids mother during childbirth, treats infections like strep throat, staph, colds and flus , fungal infections such as toe nail fungus or ringworm, yeast infection (douche), skin care, dermatitis, alopecia, eczema, psoriasis, sunburn, scrapes, wounds, burns, headaches, migraines, (combined in formula) good for digestion, relieves colic, flatulence,

Actions: mild antidepressant, antibacterial, antifungal, cleansing, antiseptic, carminative, diuretic, antispasmodic, antiviral, stimulating

Constituents: flavonoids, linalool, eucalyptol, limonene, coumarins, tannins

Tincture: 1-2oz herb to 1 pint solvent or menstrum. Dosage for acute problems: ¼ tsp (35 drops)- ½ tsp (88 drops) e/hour. Dosage for chronic problems: 1/2 tsp (88 drops)- 1 tsp (175 drops) 2 to 3 times daily.

Capsules: take 1 -80mg cap with a glass of water once or twice a day

Harvest: gather flower buds when they are about to open and they are young and fresh.

Taste: pungent, cooling

Psychology

Flower Essence: Brings spiritual sensitivity, soothes at a deeper level, helps regulate one’s spiritual-psychic energy.

Combines: chamomile, feverfew, tea tree oil, lemon balm, marjoram

Constitution: For high strung, active minded people. In Ayurveda, it is helpful in balancing Pitta (fire type) and Vata (Air-space type) constitutions. Also helpful when there is excess heat in the body.

Pulse:

Tongue:

Contraindications: usually safe. If pregnant, avoid using internally in large quantities.