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## Description

This oil is reputed for relaxation, inner peace and healing.

Also useful for: Headaches, stress, insomnia, insect bites, eczema and inflamed skin

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## How to use this product

### Vaporisation

*Create your own personal aromatic environment and balance emotional wellbeing.*

HOW: Choose 3 essential oils. Add a total of 5 drops to the water your Oil Garden diffuser. As the mist rises it carries the pure essential oil particles into the surrounding air.

### Massage

*Nourish and rejuvenate the body while experiencing the healing benefits of pure essential oils.*

HOW: Choose 3 essential oils. Add a total of 5 drops of essential oil to 10 ml of carrier oil and gently massage over the skin. The oils are absorbed into the body via the hair follicles working from within to improve general wellbeing.

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## Ingredients

Lavandula angustifolia herb top flowering 1mL/mL

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## Recipes

### ARTHRITIS:

To ease the pain and swelling of arthritis mix the below in 1tbs of Jojoba oil and MASSAGE on to affected area.

2 drops Lavender

2 drops German Chamomile

1 drop Marjoram

### MILD UPSET:

To calm unsettle nerves mix the below in 1tbs of Jojoba oil and MASSAGE on to affected area.

2 drops Lavender

2 drops Mandarin

1 drop of Neroli

PMS:

To help you control mood swings mix the below into 1tbs of Jojoba oil and MASSAGE.

2 drops Lavender

2 drops Petitgrain

1 drop Geranium