



Lavender Essential Oil: Your Complete Guide to Lavender Essential Oil Uses, Benefits, Applications and Natural Remedies

Ingrid Sen

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Your Complete Guide to Lavender Essential Oil Uses, Benefits and Natural Benefits

In today's world there is a growing demand for holistic ways to make our lives better—both on a physical and emotional level. Essential oils are an important part of that and Lavender Essential Oil, in specific, is an excellent way to begin finding the benefits that you may be seeking, without doctors and without expensive programs. This oil can do a lot of great things for us, including: its ability to eliminate nervous tension, relieve pain, disinfect the scalp and skin, enhance blood circulation and treat respiratory problems. The word lavender stems from Latin roots and is “lavare”, a word that means to wash. Due to its refreshing and easily pinpointed aroma, it smells clean and refreshing, which make it appealing to all the senses. While the benefits of Lavender Essential Oil work on our insides and our outward appearance, we can be assured that we will feel rejuvenated and refreshed by making it a part of our daily routine, whether for beauty or for infusing it into the beverages that are good for us and the meals that sustain us. Lavender offers us a better life based in natural solutions. And every year people are taking more note, as there is much research done on its benefits. In this book, we are going to cover some great information on Lavender Essential Oil to help you learn all about it and come to a great decision for yourself. This will include its history, health treatments and remedies, skin treatments, relaxation, creating a wonderful physical environment that has Lavender working for you, and also some great products that contain Lavender Essential Oil in them, as well as recipes. And once using Lavender Essential Oil becomes a part of your routine, you will grow more excited about how it is working for you—not against you like so many unnatural ingredients and products. Here are some of the natural remedies you will learn about in this book:

- Solutions for the body: aching muscles, acne, burns, cuts and wounds, earaches, eczema, fatigue, fevers, faintness, palpitations, headaches, menstrual cramps, scabies, Shingles, sinusitis, sunburn
- Solutions for relaxation: insomnia, stress relief, travel
- Solutions for the home: green cleaning with an amazing scent, fighting bugs and bacteria, moths, mosquitoes

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