

### **23 Reasons to Use Lavender**

1. Rub Lavender oil on the feet for a calming effect on the body.
2. Rub a drop of Lavender oil on your palms and smooth on your pillow to help you sleep.
3. Put a drop of Lavender oil on a bee sting or insect bite to stop itching and reduce swelling.
4. Put 2-3 drops of Lavender oil on a minor burn to decrease pain.
5. Drop Lavender oil on a cut to stop the bleeding.
6. Mix several drops of Lavender oil with V-6 Vegetable Mixing Oil and use topically on eczema and dermatitis.
7. To alleviate the symptoms of motion sickness, place a drop of Lavender oil on the end of the tongue or around the naval or behind the ears.
8. To stop a nosebleed, put a drop of Lavender oil on a tissue and wrap it around a small chip of ice. Push the tissue covered ice chip up under the middle of the top lip to the base of the nose and hold as long as comfortable or until the bleeding stops (do not freeze the lip or gum).
9. Rub a drop of Lavender oil over the bridge of the nose to unblock tear ducts.
10. Rub Lavender oil on dry or chapped skin.
11. Rub a drop of Lavender oil on chapped or sunburned lips.
12. To reduce or minimize the formation of scar tissue, massage Lavender oil on and around the affected area.
13. Rub 2 – 4 drops of Lavender oil over the armpit area to act as a deodorant.
14. Rub a drop of Lavender oil between your palms and inhale deeply to help alleviate the symptoms of hay fever.
15. Rub several drops of Lavender oil into the scalp to help eliminate dandruff.
16. Place a few drops of Lavender oil on a cotton ball and place in your linen closet to scent the linens and repel moths and insects.

17. Place a drop of Lavender oil in your water fountain to scent the air, kill bacteria and prolong the time between cleanings.

18. Place a few drops of Lavender oil on a wet cloth and throw into the dryer, which will deodorize and freshen your laundry.

19. Put a drop of Lavender oil on a cold sore.

20. Diffuse Lavender oil to alleviate the symptoms of allergies.

21. Spritz several drops of Lavender oil mixed with distilled water on a sunburn to decrease pain.

22. Drop Lavender oil on a cut to clean the wound and kill bacteria.

23. Apply 2-3 drops of Lavender oil to a rash to stop the itching and heal the skin.