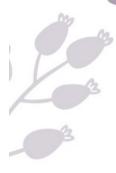
# GET TO KNOW LAVENDER

## WHY YOU NEED IT:



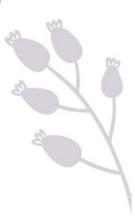
Lavender is the perfect beginner oil. Often called the 'Swiss Army knife' of oils, Lavender is highly versatile. It can be used for skin health, relaxation, emotional support, seasonal relief, and even after-sun care.

# HOW TO USE IT:

Apply topically to skin irritations. (Dilution is only needed for the most sensitive of skin.)
Diffuse or drop some Lavender Vitality under your tongue to bring quick seasonal relief. Add a few drops to some epsom salts for a relaxing bath. Diffuse at bed time to create a tranquil sleep space.

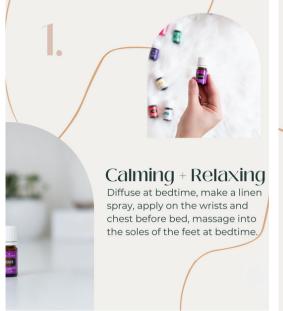
# EMOTIONAL BENEFITS:

Do you ever fear new things? Fear moving forward into the unknown? Lavender is known to help ease these specific fears and open your heart and mind up to what's ahead. It works to calm the central nervous system to help us be more open to change, and to take those steps forward.









# Five Reasons to Love Lavender





#### Respiratory Support

Diffuse for air quality changes, pair with Lemon + Peppermint in the Spring and roll over the chest, add 1 drop to 1 cup fine sea salt and use as a nasal rinse.



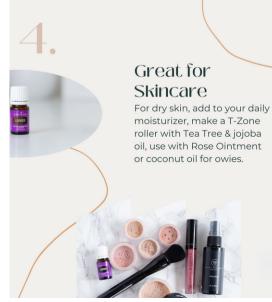


#### Gentle for Little Ones

Dilute and apply to little ones to help calm and soothe. Diffuse for for gentle, calming aroma. Apply to stuffed animals, pajamas, and blankets to calm and soothe.















# LAVENDER

#### DIFFUSER BLENDS

#### AT EASE

3 DROPS BLACK SPRUCE 2 DROPS TANGERINE 4 DROPS LAVENDER 3 DROPS VALOR

#### SEASONS CHANGE

3 DROPS PEPPERMINT 4 DROPS LAVENDER 2 DROPS TEA TREE 3 DROPS LEMON

#### SWEET DREAMS

4 DROPS STRESS AWAY
3 DROPS GRAPEFRUIT
4 DROPS LAVENDER

#### MINDFULNESS

4 DROPS FRANKINCENSE 3 DROPS CEDARWOOD 4 DROPS LAVENDER

#### SPRING RAIN

4 DROPS LAVENDER 2 DROPS VETIVER 4 DROPS LEMON

#### DEEP BREATH

4 DROPS LAVENDER 3 DROPS LEMON 4 DROPS RAVEN



# ROLLER BLENDS

WITH LAVENDER

#### UNICORN ROLLER

FOR EMOTIONAL SUPPORT

• DRIED ROSEBUDS, LAVENDER, OR CHAMOMILE

• 10 DROPS EACH WHITE ANGELICA,
LAVENDER, TANGERINE, VALOR

• 5 DROPS EACH RELEASE, PATCHOULI

• FILL WITH V-6 CARRIER OR CARRIER OIL OF CHOICE

# LAVENDES Character of the Control o

#### SEASONS CHANGE ROLLER

FOR RESPIRATORY SUPPORT

10-20 DROPS EACH LAVENDER, LEMON,
PEPPERMINT, TEA TREE, COPAIBA

FILL WITH V-6 CARRIER OR CARRIER OIL OF CHOICE

#### CALM & COLLECTED ROLLER

FOR ATTENTION & FOCUS

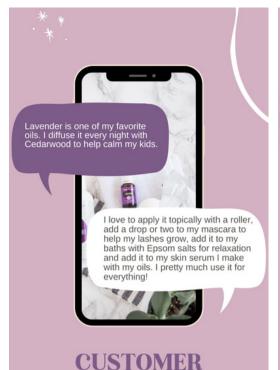
15 DROPS EACH LAVENDER, VETIVER, CEDARWOOD
OPTIONAL: 10 DROPS GENEYUS

· FILL WITH V-6 CARRIER OR CARRIER OIL OF CHOICE









testimonies

I keep a bottle on my kitchen counter next to the stove, because I have a daughter who loves to help me cook, and sometimes we need some soothing for her little fingers love lavender! Lused mine today in my seasonal roller along with lemon, peppermint, and copaiba.

> BUSTOMER testimonies

I use it to support a restful night of sleep every night. It is a constant on my monthly order. I also love using 2-3 drops of lavender on wool dryer balls in a load of laundry. love to diffuse it when we homeschool and it just brings the whole house into a calming frame of mind.

> **CUSTOMER** testimonies

# Testimonials



**CUSTOMER** testimonies



odd use has been rubbing this on the bridge of my nose. Why? A few years back my eyes began watering and always felt like they had tiny rocks in them. Eye drops helped but that meant the rest of my life. I discovered lavender in the bridge of my nose stops all the effects and my eye doctor was pleased.



**CUSTOMER** 

# do they even work? like, for real?

yep. they work. we use them topically on our skin (where they're absorbed easily), internally in capsules or dropped under our tongues, and aromatically in diffusers (which is incredibly

beneficial for lots of things especially emotional health).



LEARN MORE >>



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# **DIY Recipes with Lavender**

thecrunchymoose.com/lavender



## **DIY Recipes for Skin:**

















## **DIY Recipes for Hair:**







# DIY Recipes for Health:















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Little Oilers Premium











