


# 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.



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1.



### Calming + Relaxing

Diffuse at bedtime, make a linen spray, apply on the wrists and chest before bed, massage into the soles of the feet at bedtime.

2.

### 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.



# Five Reasons to Love Lavender



### Gentle for Little Ones

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

3.



4.

### Great for Skincare

For dry skin, add to your daily moisturizer, make a T-Zone roller with Tea Tree & jojoba oil, use with Rose Ointment or coconut oil for owies.



5.

### Lovely when diffused

Diffuse Lavender with Geranium and Tangerine. Pair it with Sage. Or diffuse it on its own!



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# 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

#### 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



**Save on  
Essential Oils!**

*I've got  
an oil  
for that!*



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Lavender is one of my favorite oils. I diffuse it every night with Cedarwood to help calm my kids.

I love to apply it topically with a roller, add a drop or two to my mascara to help my lashes grow, add it to my baths with Epsom salts for relaxation and add it to my skin serum I make with my oils. I pretty much use it for everything!

**CUSTOMER**  
*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!

I love lavender! I used mine today in my seasonal roller along with lemon, peppermint, and copaiba.

**CUSTOMER**  
*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.

I love to diffuse it when we homeschool and it just brings the whole house into a calming frame of mind.

**CUSTOMER**  
*testimonies*

# Testimonials

Currently, it's going in our bedroom - my firefighter husband asked for it while he napped, regaining his rest from working through the flood down here. So grateful for the sweet gift that Lavender is to our family!

I applied lavender on my sweet baby girl this morning as part of her wellness roller.

**CUSTOMER**  
*testimonies*

Lavender is my 3 year old's favorite oil. When she gets an "owie" she always asks for it and a kiss. I love that it's that easy.

Lavender is a go to oil for so many things. An 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**  
*testimonies*

**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).

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# DIY Recipes with Lavender

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## DIY Recipes for Skin:

**12 super easy**  
melt & pour soap  
**recipes**

Morning Start - Mint Chocolate  
Vanilla Latte - Sweet Dreams  
Purify & Cleanse - & more

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**7 salt &  
sugar  
scrubs**

for glowing skin

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**DIY**  
deodorant

that really works!

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mastering the  
**OIL**  
**CLEANSING**  
method

find the best method  
for your skin type

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**TALLOW**  
lotion

The ultimate  
moisturizer you've  
been missing!

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the best  
1 ingredient  
**facial toner**

- even skin tone
- reduce acne
- balance pH levels

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DIY  
Pore Strips

with 2 ingredients

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**stretch  
mark**  
belly butter

plus bonus tips!

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## DIY Recipes for Hair:

DIY Deep  
Conditioner

customize a  
deep conditioner  
for your hair needs

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**DIY**  
**HAIRSPRAY**

3 ways!

Cheap! Easy! Effective!  
Ingredients your hair loves!

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DIY Lash  
Serum  
3 Ways

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## DIY Recipes for Health:

**GOOT**

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Ointment  
Treatment

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your bath!

detox bath recipes

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**common questions**

*about getting started*

*is there really a difference in these and the ones I see at Target?*

**oh friend. a huge difference. most of the oils you see in stores like that have warnings against using topically or ingesting because they're packed with harmful fillers!**



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