

Lavendula angustifolia (many species)
Family: *Lamiaceae* - mint
Parts Used: blossoms (leaves)

Lavender is the most universal of all herbs, it is gentle and safe for children and the elderly and can be used for just about anything. When in doubt of what to use reach for lavender!

Properties

Analgesic, anodyne anti-bacterial, anticatarrhal, antidepressant, antifungal, anti-inflammatory, anti-rheumatic, antiseptic, antispasmodic, aromatic, carminative, circulatory, decongestant, deodorizing, diaphoretic, diuretic, expectorant, nervine, relaxant, sedative, stimulant, vulnerary.

Energetics: cooling, drying, bitter
Systems Affected: nervous, skin, heart

Uses

- Burns; household, sun, chemical, etc.
- Sedative, calming and relaxing (in small amounts)
- Stimulating (in large amounts)
- Tension, stress, anxiety, and sleeplessness.
- Strengthens the nervous systems, calms anger, agitation, and irritability.
- Aids circulation, strengthens and soothes the heart.
- Headaches and migraines; especially when combined with feverfew.
- Very gentle and healing for any concern with babies & children; over tired, fussy, colic, skin problems, first aid, etc.
- Any skin condition; dry skin, rashes, diaper rash, eczema, infection, sores, etc.
- Fungal infections like ringworm, athletes' foot, nail fungus, yeast infection, etc. (combine with tea tree essential oil for best results)
- First aid; disinfect, cuts, wounds, sprains, strains, burns, etc.
- Indigestion; nausea, cramps, tummy ache, flatulence, loss of appetite, etc.
- Illness, colds, flu, fever, illness recovery, etc.
- Infections of all types
- Respiratory; asthma, whooping cough, bronchitis, etc.
- Inflammation internal and external.
- Insect repellent, parasites, lice, moths, etc.
- Mild pain reliever
- Muscle aches, tension, and spasms.
- Women's health; PMS symptoms, cramps, vaginal issues, childbirth.
- After birth healing; take a lavender bath every evening before bed to speed healing, sitz bath, herbal oil, salve, etc.

- Body care; deodorizing, hair loss, dandruff, dry, itchy scalp, tones skin and improves circulation, acne and other skin conditions, good for dry skin especially when used as a facial steam, perfume, mouthwash - freshens and deodorizes the mouth.
- Home care; potpourri, herbal vinegar can be used as a multi-purpose cleaner to disinfect, cleanse and deodorize, linen spray, dryer pillow to toss in the dryer with laundry to freshen and disinfect, use in any of your favorite household cleaner recipes.
- Sleep pillow; tuck under pillow or next to the pillow for a good night's rest.
- Sachet, muslin bag, sheer bag filled with blossoms or bunches of tied lavender wands placed in linen closets, drawers, closets, cupboards, etc.
- Burn the dried stalks like incense; can also burn in bundles to disinfect and deodorize, they can also be thrown in the fireplace to burn.

Herb Preparations

- Essential oil; diffuse, apply to area of concern, put in bath, massage into feet or any area of the body.
- Tea; in addition to drinking, works great as a hair rinse and wash for cuts and scrapes.
- Herbal pillow; sleep pillow, first aid pack (keep in freezer for headaches and inflammation), linen closets and drawers, dryer, bath bag, steam pillow, cold pack, etc.
- Extracts; alcohol, glycerine, vinegar
- Powder, capsules, sprinkles, salts, sugar, etc.
- Herbal oil: massage for muscle tension, stress, headache and for calming at bedtime, great for baby and children.
- Honey, syrup
- Salve, creams, and body care products
- Bath, soaks, steams
- Compress, poultice
- Washes, gargle, douche, enema
- Culinary uses; pesto, soups, stir-fry, sauces, marinades, dips, vinegar, salad dressings, meat rub, salt, drinks, breads, treats, smoothies and more.

Care/Harvesting

- Place in a dry and sunny hot spot. It must have well drained soil and can be planted in full sun or part shade. Water lightly.
- Best to plant from a root division or get a plant from the nursery.
- Space plants at least 12-24" apart. Mulch in the fall.
- For highest quality medicinal properties harvest the lavender flowers when the buds are just opening. Cut the entire stem, keeping the plant in a mound shape. Both leaves and blossoms can be used but the most power lies in the blossom.
- Process or dry immediately to maintain medicinal quality.