



Benefits of Lavender

INFUSED

Lavender can be infused in olive or coconut oil and later used to make salve, soap, body butter, hand crème.

SLEEP AID

Lavender can be used to induce sleep. Place a few drops on a wash cloth or hanky and place on your pillow.

CLEANER

Use as a cleaner for kitchen and bathrooms. (Don't use on granite and marble).

DIFFUSED

Used in essential oil diffusers to relieve anxiety or to calm and relax. Also, good to refresh the air.

TEA

Place flowers in a tea ball or sachet and steep.