

Lavender Uses

Massage Oil Blend

For a relaxing massage try this blend:

* 1 oz of a base oil (like sweet almond oil or coconut oil)
* 3 drops of Lavender Essential Oil
* 3 drops of Lemon Essential Oil
* \*for this remedy, dilute and test a little of the oil on your hand to ensure no unknown skin sensitivity exists

\*do not touch to eyes, wash hands after use

Bath Oil Blend

For a calming bath oil, combine 2 cups of sweet almond oil, 10 drops of Lavender Essential Oil, 10 drops of Orange Essential Oil, and 10 drops of Geranium Essential Oil. Keep in a re-sealable container.

To use: add 1 teaspoon of the mix to a bath, and relax

Source: lorannoils.com