

LAVANDIN ABRIALIS :

Aromatic sweet with a touch of spice aroma...



Therapeutic properties:

- Analgesic
- Antibacterial
- Antidepressant
- Anti - Fungal
- Anti – Inflammatory
- Antiseptic
- Antispasmodic
- Nervine
- Anti - Viral and Expectorant
- Anti - Infectious
- Sedative
- Vulnerary

Ideal for diffusers, room sprays, surfaces

Uses and methods:

Dilute guide

• Maximum 5 drops of 100% pure essential oils into 5ml of carrier oil like olive oil

• Maximum 15 drops of 100% pure essential oils into 15ml of carrier oil like olive oil

In baths

• 6 – 8 drops undiluted

Clothing

• 30 drops undiluted in 470ml water to prevent midges and mosquitos on clothing and linin

• 30 drops undiluted to 250ml baking soda – sprinkle on thick carpets, cushions and couches
Leave for one hour and vacuum to prevent midges and fishmoths.

Therapeutic uses:

- Skin infections
- Mouthwash
- Wounds
- Muscular cramps and contraction
- Muscular spasm
- Muscular injury
- Migraine and other pain relief
- Pimples and acne
- Stress tension
- Respiratory tract infection

Not suitable for pregnant or breastfeeding mothers

Diffusers

• 3 – 5 drops undiluted per 100ml water

Humidifiers:

• 3 - 5 drops undiluted per 100ml of water

Lotions en creams

• 10 - 15 drops undiluted per 60ml with natural, unfragranced lotion or cream

Pillows

• 3 – 5 drops undiluted can be applied on pillows away from the eyes

Scalp treatments

• 2 – 3 undiluted drops per 15ml carrier oil like olive oil

Sprays and mists

• 15 drops undiluted to 470ml water

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