



Lavender

Flavor & Common Uses

CALMING • AROMATIC • SOOTHING



Lavender is a gentle, fragrant herb cherished for its soothing aroma and delicate floral flavor. Used for centuries in cooking, wellness, and home care, lavender adds a touch of calm and elegance to everyday life.

FLAVOR PROFILE

Lavender has a light, floral, and slightly sweet flavor with hints of mint and camphor. It adds a unique, aromatic touch to both sweet and savory dishes.



CULINARY USES

- ♥ Brew in tea for a calming, floral infusion
- ♥ Add to baked goods like cookies, shortbread, cakes, and muffins
- ♥ Infuse in honey, sugar, or simple syrups
- ♥ Use in salad dressings, marinades, and herb butters
- ♥ Pairs well with lemon, honey, rosemary, mint, chocolate, and berries
- ♥ Great in yogurt, ice cream, and fruit dishes



COMMON USES



Herbal Tea

Calm the mind, support restful sleep, and ease digestion with a warm cup of lavender tea.



Aromatherapy

Lavender essential oil promotes relaxation, reduces stress, and uplifts mood.



Skincare & Beauty

Used in soaps, lotions, and facial steam to soothe the skin and promote a healthy glow.



Bath Soaks

Add dried lavender or a few drops of oil to your bath for deep relaxation and stress relief.



Sleep Support

Place dried lavender in sachets or pillows to encourage restful and peaceful sleep.



Natural Home Care

Use in linen sprays, sachets, and homemade cleaners for a fresh, calming scent.



Lavender is more than just beautiful — it's a versatile herb that nourishes the body, calms the mind, and enriches the home naturally.

Nourish • Heal
Thrive Naturally



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