



EVERYTHING HERBAL *by Cheryl Jabz*

LAVENDER

Health Benefits

Lavender is a calming, aromatic herb known for its powerful effects on relaxation, sleep, and overall wellness. Commonly used in teas, essential oils, and skincare, it offers both mental and physical health benefits.

TOP HEALTH BENEFITS



1. Reduces Anxiety & Stress: Lavender supports the nervous system and promotes a sense of calm, making it a popular natural option for stress relief.



2. Improves Sleep Quality: Its soothing scent is widely used to ease insomnia and encourage deeper, more restful sleep.



3. Relieves Pain & Inflammation: Compounds like linalool may help reduce headaches, muscle tension, and menstrual discomfort.



4. Supports Skin & Hair Health: With antibacterial and antifungal properties, lavender may help with acne, eczema, dandruff, and minor skin irritations.



5. Aids Digestion: Can help ease bloating, nausea, and mild digestive discomfort.

COMMON USES



1. Aromatherapy: Add a few drops of lavender essential oil to a diffuser, bath, or steam inhalation.



2. Tea & Culinary Use: Dried lavender buds can be brewed into tea or added to baked goods, yogurt, and salads.



3. Topical Applications: Dilute with a carrier oil and apply to temples for headaches or to skin for soothing effects.



4. Personal Care Products: Found in soaps, shampoos, and lotions for calming and skin-supporting benefits.

SIDE EFFECTS



1. Skin Sensitivity: Always dilute essential oil to avoid irritation.



2. Internal Use: Culinary amounts are safe, but ingesting concentrated essential oil can cause nausea, headaches, or constipation.



3. Medication Interactions: Consult a healthcare provider if using lavender alongside medications for anxiety, sleep, or blood pressure.



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