

Relax and Heal with Lavender

By Brenda Grogan, N.D.

Lavender (*Lavandula angustifolia*) with its beautiful purple flower is found in many flower gardens because of its sweet aroma but it is also one of the most versatile plants in its uses for healing. It can be utilized in a number of ways.



Dried lavender can be put in a sock, tie the sock with a string. Then heat in the microwave for 2 to 3 min., and place around the neck for relaxation and headaches. In herbal and tincture form it can be taken internally for nervous tension and insomnia for it tones the nervous system.



You can add 5 drops of the oil to your bath at night which will encourage your muscles to relax for a good night's rest. The oil used topically has many uses. Two drops placed in the ear will soothe earaches. It is beneficial for cuts, acne, burns, varicose veins and stretch marks. This is because of its anti-inflammatory, sedative and antiseptic properties. As a birthing practitioner when women complain of Braxton Hicks contractions I have them apply lavender oil to the abdomen and lower back to reduce muscle tension. When camping or even in your own back yard lavender is a very effective first aid remedy. Applied several times to insect bites it will take the itch and sting away quickly. If lavender is dropped on a poisonous spider it will kill the spider. It will not kill a non-poisonous spider. I had a friend in an emergency situation apply lavender to a snake bite wound (applied to whole limb) and it neutralized the poison. I trust you will have a relaxing summer as you enjoy your experience with Lavender.

If you have any questions or comments concerning any information offered in this article please contact me at my email address.

Medical Disclaimer: Information in this article is for educational purposes only. This information is NOT intended as medical advice or for use as diagnosis or treatment of a health problem or as a substitute for consulting a licensed medical professional. Neither the publisher nor the author directly or indirectly dispenses medical advice, nor do they prescribe any remedies or assume any responsibility for those who choose to treat themselves.