

# Benefits Of Lavender Essential Oil

Benefits of lavender essential oil include a soothing, calming effect that can improve sleep, relieve nausea, reduce bloating, and its antimicrobial properties can help protect cuts and aid healing. It's antibacterial, antiseptic, anti-fungal and anti-inflammatory properties help control conditions such as acne, eczema and dandruff.

Lavender is a perennial herb that is native to northern Africa and the Mediterranean mountains. The plants are evergreens, growing about 6 feet tall when allowed to grow freely. They are often used as ornamental shrubs because of their colorful flowers and fragrant aroma. They can survive with limited water supplies. The oil is extracted by steam distillation from the flowers of the lavender shrub.

## Lavender Species

Lavender essential oils primarily come from the raw flowering tips of these plant species:

- *Lavandula angustifolia* (lavender)
- *Lavandula hybridia* (lavandin)
- *Lavandula latifolia* (spike lavender)

*Lavandula angustifolia* is the species primarily used in aromatherapy. *Lavandula hybridia*, or lavandin is used primarily for perfumes and fragrances.

## What Produces the Benefits Of Lavender Essential Oil?

The beneficial properties of lavender essential oil come from the chemical components present in lavender oil. The "Journal of Chromatography A" reports on a study of lavender oil in the article [Characterisation of lavender essential oils by using](#)

[gas chromatography–mass spectrometry with correlation of linear retention indices and comparison with comprehensive two-dimensional gas chromatography.](#)

The article indicates that lavender essential oil has more than 100 individual chemical components. This study reported on the analysis of nine samples of lavender essential oil obtained from a single supplier. The samples were analysed by gas chromatography and mass spectrometry. The following are the major chemical components of the samples with their % abundance range.

- [Linalool](#) (23.03 – 57.48%)
- linalyl acetate (4.1 – 35.39%)
- 1,8-cineole (0.1 – 20.28%)
- Borneol (0.30 – 14.04%)
- terpinen-4-ol (0.11 – 8.07%)
- Camphor (0.34 – 7.10%)
- [Limonene](#) (0.18 – 3.92%)
- (Z)- $\beta$ -ocimene (0.95 – 4.77%)
- Octen-3-yl acetate (0.19 – 4.16%)
- Lavandulol (0.05 – 3.27%)
- Neoisomenthol ( 0.12- 4.25%)
- $\alpha$ -Terpineol (0.12 – 6.02%)
- Hexyl butyrate (0.12 – 1.72%)
- lavandulyl acetate (0.65 – 6.16%)
- Neryl acetate (0.21 – 1.23%)
- Geranyl acetate (0.19 – 2.37%)
- E-caryophyllene (0.45 – 2.83%)
- (E)- $\beta$ -farnesene ( 0.17 – 1.69%)
- lavandulol (0.05 – 3.27%)
- terpinen-4-ol (0.11 – 8.07%)
- (E)- $\beta$ -ocimene ( 0.92 – 2.36%)
- cis-linalool oxide (0.34 – 1.09%)

It's obvious that the environment in which the lavender is grown has a significant effect on the relative percentages of the chemical components making up the essential oil. Even from

a single source, batches may vary in the concentrations of their chemical components.

## **Cautions**

People with estrogen-dependent cancer should not use lavender oil. Because of its relaxing effect, lavender essential oil should not be used by those operating machinery or driving a car.

## **Benefits Of Lavender Essential Oil**

Lavender essential oil continues to be one of the worlds most used and loved oils. It is extremely versatile in its uses, which makes it ideal for a number of different health reasons. No longer just used for its pleasant smell as a perfume or scenting the air, it is now used for a number of benefits for our bodies and mind. Lets discuss some of these health benefits of lavender oil and how far-reaching its health properties can be.

### **Benefits Of Lavender Essential Oil – Restfulness and Sleep**

1. Lavender essential oil is widely used today for its ability to help induce sleep. It is regularly recommended as an alternative treatment for those individuals who are suffering from insomnia. Lavender oil can not only help treat insomnia, but it can also improve the overall quality of sleep, including length of sleep, restfulness and the time it took to fall asleep. Try diffusing lavender before or during sleep, or rubbing some of the oil on your neck and temples. You can also try placing some of the oil directly on your pillow.

### **Benefits Of Lavender Essential Oil – Antimicrobial Properties and Blood Circulation**

2. Due to lavender oil's antimicrobial and antioxidant

properties, it can have great benefits for the overall health of your skin. It also has antiseptic and anti fungal properties as well. This makes the oil helpful in treating a wide variety of skin conditions, such as psoriasis, acne, wrinkles and sunburns. By adding lavender oil to chamomile, it can also be helpful in treating eczema. It can even help to make the skin look younger and reduce age spots.

3. Lavender essential oil can also help to improve blood circulation in the blood. Although this may not seem important at first, by improving blood circulation, this can have beneficial effects on blood pressure, hypertension and coronary circulation. As well, oxygenation and muscle health is promoted, brain activity can increase and the brightness and color of the skin is enhanced.

### **Benefits Of Lavender Essential Oil – Digestion**

4. If you are having issues with digestion, then lavender oil could help in this regard. It has been found that this essential oil is useful for digestion by increasing the movement of food within the intestines. As well, the oil stimulated the production of gastric juices and bile. This is helpful in treating stomach conditions such as indigestion, stomach pain and diarrhea. Lavender oil's anti-inflammatory and healing properties can also help in this regard.

### **Benefits Of Lavender Essential Oil – Uplifting Mood**

5. If you are looking to improve your mood, lavender oil may also help. This oil can help to alleviate feelings of anxiety and depression. It also has a calming effect which makes it helpful for calming nerves or relieving emotional stress. This can be attributed to its refreshing and pleasant scent and its ability to beneficially impact the autonomic nervous system. Always be sure to work with your medical practitioner as well in regards to these treatments.

## **Benefits Of Lavender Essential Oil – Hair Health**

6. Lastly, lavender oil can greatly impact the overall health of your hair. It has been shown to have positive effects when working as a treatment for hair loss, specifically for those individuals suffering from alopecia. It may also help to stimulate hair growth when applied topically to the skin, such as the scalp since it is a regenerative. Also, lavender oil can help to get rid of dandruff and itchy scalp, help in the treatment of head lice, and also work well as a conditioner for your hair.

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