

The Magic of Lavender

History: Lavender has been used for centuries. There is evidence of lavender being used in Egyptian times in perfumes and massage oils. The Greeks used lavender as medicine during the first century AD. The Romans used lavender to scent the public baths where it was believed to restore vitality to bathers.

Romans also used lavender oil to massage and heal the skin and to repel insects. There are even several references to lavender in the Bible. The Queen of Sheba offered King Solomon "spike," an early name for lavender. Judith rubbed lavender oil on her body before seducing Holofernes. In France, lavender flowers were strewn on the floor to freshen the air and mask stinking smells of the insanitary streets. In the 16th century, Queen Elizabeth I drank 10 cups of lavender tea a day to ward off headaches and promote her sense of well being. The history of lavender's benefits is long and well documented.

Emotion: With antidepressant and sedative qualities, lavender lifts depression, eases stress and anxiety, and is useful in overcoming headaches, migraine and insomnia.

Insomnia: The sedative quality of lavender can induce sleep and ease problems of insomnia, restlessness and agitation.

Skin: Lavender is antiseptic and anti-inflammatory; healing cuts, burns, sunburns, insect bites, acne, eczema and even dandruff.

Breathing: Lavender is an antiseptic and can kill germs. It is also an expectorant, which breaks up congestion. It can help fight colds, throat infections, coughs, sinusitis and flu.

Circulation: Lavender is a sedative and hypotensive, and reduces high blood pressure and palpitations.

Digestion: Lavender use aids in easing indigestion, flatulence and nausea and alleviates bad breath or tooth ache.

Muscular: Lavender is analgesic, anti-inflammatory and anti-spasmodic; the oil is good for aches, pains, sprains, cramps and spasms.

Source: Lavender, Nature's Way to Relaxation and Health by Philippa Waring