

# Lavender

## Circulatory System:

Lymphatic drainage, detoxifying, boosts immune system, cleansing, Helps with fever, foot/ankle/leg swelling, hemorrhoids/varicose veins.

## Skin Care:

Burns/sunburns, cuts/wounds, scars, acne, wrinkles, athlete's foot, eczema, insect bites, skin allergy, wrinkles, cellulite, chapped skin, cold sores, sensitive skin/rosacea, stretch marks, inflammation.

## Hair Care:

Dandruff, psoriasis, prevent hair loss and prevent lice infestation.

## Respiratory System:

Bronchitis, sore throats, snoring, asthma, catarrh, coughs/colds & flu.



## Nervous System:

Brain and central nervous system sedative. Aids headaches & migraines, nervous tension, hyperactivity, stress/anxiety, depression, sadness, insomnia.

## Digestive System

Relaxes stomach, eases nausea, abdominal cramps, colic, indigestion, encourages elimination.

## Genito-Urinary/Reproductive:

Pain-relieving, aiding in labor and soothing menstrual pain. Helps heal yeast infections and cystitis.

## Endocrine System:

Balancing.