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10 BENEFITS OF LAVENDER OIL

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Lavender oil is the skeleton key of essential oils—it's been used to solve **just about every human ailment for at least 3,000 years.** To the Persians in the 17th century, lavender was known as "the broom of the brain" for its ability to sweep up impurities. Early Indian medical texts recommended lavender in psychiatric medicines. Ancient Greeks and Romans used it to disinfect hospitals.

Lavender oil has been used to:

- Tame lions
- Prepare pharaohs for burial
- Soothe aches and pains
- Calm nerves
- **Deodorize the royal armpits of Queen Victoria.**

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Luckily for us, **science is starting to catch up with ancient knowledge.** We now have a growing body of research describing the benefits of lavender oil.

In this article, we'll tell you about 10 benefits of lavender oil. *Fair warning: soon you'll be reaching for the nearest bottle to take a whiff.* We'll also talk about how to use lavender oil safely and what to look for when buying it.

WHAT IS LAVENDER OIL?

Lavender oil is an essential oil derived from flowers of the lavender plant. Research shows that it has **antimicrobial, anti-inflammatory, and relaxing properties.** And some of the lesser-known benefits of lavender oil might surprise you.

BENEFITS OF LAVENDER OIL

1. REDUCES ANXIETY

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Stress and anxiety are increasingly common symptoms of modern life. Though medication can help, it can also cause unwanted side effects. Benzodiazepines like lorazepam—a common pharmaceutical treatment for anxiety—promote drowsiness and are easily abused.

A double-blind, randomized study[1] found that **lavender oil capsules were as effective as lorazepam** at lowering anxiety for adults with generalized anxiety disorder (GAD). Another randomized clinical trial found that simply **inhaling lavender oil reduced anxiety** for dental patients having their wisdom teeth removed.[2]

The scent of lavender oil can safely **reduce symptoms of stress and anxiety**—without causing drowsiness.

HOW TO USE LAVENDER OIL FOR ANXIETY:

- Open a bottle of lavender oil and inhale the scent for 15 minutes.
- Add 7 drops of lavender oil to water in a diffuser (like this one) and inhale
- Mix 3-4 drops of lavender oil with ½ teaspoon of coconut or jojoba oil. Massage the mixture behind your ears.

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2. IMPROVES SLEEP QUALITY

Research studies have shown that lavender oil can **improve sleep quality and reduce insomnia.**[3,4]

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For people with terminal illnesses, **just one inhalation treatment of lavender oil** helped them fall asleep faster, sleep deeper, and wake up less often.[5]

An 8-week study showed that inhaling lavender oil four nights a week **improved the quality of sleep** in women after giving birth.[6]

But lavender oil isn't only effective for those with sleep disturbances or other diseases. It is also linked to **better sleep quality in people without insomnia or sleep disorders.**[7]

HOW TO USE LAVENDER OIL TO ENHANCE SLEEP QUALITY:

- Inhale the scent of lavender oil directly from the bottle for 15 minutes before bed.
- Add 7 drops of lavender oil to water in a diffuser before bed or while sleeping.

3. FIGHTS VIRUSES, BACTERIA, AND FUNGI

Lavender oil has shown **antiviral activity** against *herpes simplex virus* type 1—a common skin infection that plagues both the general population and contact sports athletes.[8]

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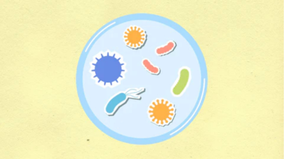
It also has **antibacterial properties**. The oil of one type of lavender, *L. angustifolia*, is **effective against antibiotic-resistant strains** like *Staphylococcus aureus* (the culprit behind MRSA)[9] and *E. coli*.[10]

If you love martial arts as much as we do, you'll be glad to know that lavender essential oil also has **antifungal properties**. Lavender essential oil is a potent antifungal that may **combat skin infections** such as ringworm and candida.[11]

Combing lavender oil with other oils like clove, cinnamon, and tea tree **enhances its antimicrobial abilities.**[12] It's no coincidence that we chose the same powerful combo of oils for our Platinum Bar.

HOW TO USE LAVENDER OIL TO FIGHT GERMS:

- Mix 3-4 drops of lavender oil with ½ teaspoon of coconut or jojoba oil. Massage the mixture into the are of concern.



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4. PROMOTES WOUND HEALING

For centuries, lavender oil has been used to speed the healing of cuts, burns, and wounds. Part of this is because it **fights the microbes that target wounds.**

But it does even more than that. Your body uses certain proteins to rebuild tissue in wounds. Lavender oil enhances the activity of these proteins,[13] which can **speed up healing.**

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HOW TO USE LAVENDER OIL TO PROMOTE WOUND HEALING:

- Mix 3-4 drops of lavender oil with ½ teaspoon of coconut or jojoba oil. Massage the mixture into the area of concern.

5. RELIEVES PAIN

Several studies have confirmed what people have known for thousands of years: that **lavender oil is a natural painkiller.** Rubbing it onto the skin can reduce inflammation and pain in that area.

Afraid of needles? Lavender oil might help. One study found that **it made needle insertion less painful for dialysis patients.**[14]

Lavender oil can also make that time of the month more manageable by **reducing period cramps**.[15]

How to Use Lavender Oil to Relieve Pain:
- Mix 3-4 drops of lavender oil with ½ teaspoon of coconut or jojoba oil. Massage the mixture into the area of concern.

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6. STIMULATES IMMUNE SYSTEM

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Lavender oil **enhances some markers of immune function.** It may also **lower inflammation** and boost the activity of some types of immune cells.

One study[16] looked at lavender oil's ability to activate macrophages—a type of immune cell—to fight staph infections. The researchers found that lavender oil:

- Enhanced macrophages' ability to "eat" staph bacteria (phagocytosis).
- Reduced bacterial growth inside macrophages.
- Decreased the amount of inflammatory cytokines released by macrophages.

Another study[17] examined the use of lavender oil massage in pregnant women. **Those who received a lavender oil massage had higher levels of IgA**—a marker of immune function—in their saliva than those who did not.

Researchers[18] also looked at lavender oil applied to the skin of mice and found that lavender oil **reduced inflammation.**

HOW TO USE LAVENDER OIL TO STIMULATE THE IMMUNE SYSTEM:

- Mix a few drops of lavender oil with 1 tablespoon of coconut or jojoba oil. Massage the mixture into the skin.
- Add 7 drops of lavender oil to water in a diffuser.

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7. REPELS INSECTS NATURALLY

Lavender is one of the most universally beloved scents to humans—but not to mosquitoes. Lavender oil contains the compound linalool, which is added to some commercial insect repellents.

While insects don't seem bothered by the lavender flower, they avoid the oil when it's diffused into the air. One study found that a linalool diffuser **repelled mosquitoes indoors by 93% and outdoors by 58%.**[19]

HOW TO USE LAVENDER OIL TO REPEL MOSQUITOES:

- Add 7 drops of lavender oil to water in a diffuser. Works best indoors.
- Add 7 drops of lavender oil to a candle and put it outdoors.
- Mix 8 ounces of water and 4 drops of lavender oil into a spray. Shake well and spray onto your body and clothes before going outside.
- Mix 2 drops of lavender oil with a carrier oil, such as coconut oil. Rub the mixture onto a mosquito bite twice a day to relieve itching and fight off bacteria.
- To boost the mosquito repellent effect, combine lavender oil with another natural repellent like cinnamon oil or tea tree oil.

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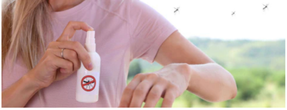

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8. PROMOTES HEALTHY SKIN AND HAIR

Since lavender oil **has antibacterial properties,**[9] it may be able to **prevent and heal acne.** It may also **help with eczema,** which might be caused by the bacteria *Staphylococcus aureus.*

Lavender oil may be able to **improve the appearance of wrinkles and fine lines.**[20] It may also **reduce the appearance of scars** by stimulating tissue growth.[21]

Finally, lavender oil **may help with hair growth.** One study found that lavender oil combined with thyme, rosemary, and cedarwood oils promoted hair growth for patients with alopecia areata.[22]

HOW TO USE LAVENDER OIL FOR HEALTHY SKIN AND HAIR:

- Mix 3-4 drops of lavender oil with ½ teaspoon of coconut or jojoba oil. Massage the mixture into the skin.
- Add a few drops of lavender oil to your face or body wash.

9. BOOSTS ANTIOXIDANTS

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Free radicals—a type of unstable molecule that may increase disease risk—are an unavoidable part of life. The cells in our bodies produce free radicals as part of their normal activity. They also make free radicals in response to environmental factors like pollution, tobacco smoke, and ultraviolet radiation from the sun.

“Antioxidants” are substances that can neutralize free radicals in the body. The body naturally creates its own powerful antioxidants. We also get plenty of antioxidants from a well-rounded diet.

Lavender oil has been shown to **increase the activity of the body’s antioxidants** when inhaled.[23] It may help **prevent the damage caused by free radicals** in the body.

HOW TO USE LAVENDER OIL FOR ANTIOXIDANTS:

- Add 7 drops of lavender oil to water in a diffuser.

10. RELIEVES HEADACHES

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Lavender oil has been shown to be an effective treatment for migraines and tension headaches. One study found that inhaling lavender oil for 15 minutes **reduced the pain from migraines** compared to a control group inhaling a placebo.[24]

HOW TO USE LAVENDER OIL FOR HEADACHES:

- Open a bottle of lavender oil and inhale the scent for 15 minutes.
- Mix 2 drops of lavender oil and 2 drops of peppermint oil with ½ teaspoon of coconut or jojoba oil. Rub the mixture onto the temples and the back of the neck.
- Add 7 drops of lavender oil to water in a diffuser.

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SAFETY TIPS FOR USING LAVENDER OIL

1. Lavender is generally considered safe for most people, but always **do a patch test** on a small area of skin first—especially if you have sensitive skin or are prone to allergies.
2. To be safe, **mix lavender oil with a carrier oil** like coconut or jojoba before applying.
3. Using lavender oil on the skin may cause allergic skin reactions in some people. **If you experience any side effects, like rashes or hives, stop using it immediately and see a doctor.**
4. **Don't let lavender oil get in your eyes.** If you do, rinse the eye thoroughly with cool water and call your eye doctor.
5. The Food and Drug Administration (FDA) does not monitor or regulate the purity or quality of lavender oil or any essential oils. **Talk with your doctor** before using essential oils. And always research the quality of the product.

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Remember: While lavender oil appears to have some benefits, **it is not a substitute for professional medical care or advice.** Talk to your doctor before using lavender oil or any other natural remedies.

HOW TO CHOOSE THE BEST LAVENDER OIL

Not all lavender oils are created equal! Use the following tips when shopping for lavender oil:

- **Choose lavender oil made by cold pressing or steam distillation.** These are less likely to have been contaminated during processing.
- **Look for 100% pure lavender oil from a reputable company.** Check the label to ensure the oil doesn't have any other additives.
- **Choose lavender oil stored in darkened glass bottles instead of clear plastic.** These preserve the oil best.
- Choose lavender oil from companies that are **open about the sourcing** of their products.

THE BOTTOM LINE

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Lavender oil is the most popular essential oil for a reason. It's been used across the world for thousands of years to relieve pain and anxiety, fight germs, and promote health. It's relatively inexpensive and easy to use. And it's unlikely to cause unwanted side effects.

Still, to be safe, consult your doctor before using lavender oil for anything.

If you want to bring the benefits of lavender oil into your life, **get yourself a Platinum Bar today.** We combine it with clove, tea tree, rosemary, and cassia oil into a delicious-smelling soap that fights germs naturally.

Get clean, fight germs, and smell amazing with the help of this remarkable essential oil!

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