



Lavender

Latin names: *Lavandula angustifolia*, *Lavandula officinalis* L.,
Lavandula vera

French names: Lavande vraie, Lavande officinale, Lavande à
feuilles étroites, Lavande noble

Extracted from: dried flowers (France)



The Princess of Aromatherapy, Lavender is impressively multipurpose; use Lavender and Cardamom essential oil at home and most of the pain moves out someplace else.

Anger, irritation and stress would hold their noses when we open ours wide to smell lavender's nice smell.

Want to surprise your guests? Apricot tarts become so tasty with one or two drops of Lavender oil...

The plant, its legends and its botany

It's called the Princess of Aromatherapy. And it's not for nothing. It is wonderfully versatile, physically and psycho-emotionally and energetically.

True Lavender is a small shrub that grows naturally at high altitude. When grown in fields, it looks like heaven comes out from the ground in a soft violet-blue cloth.

A good small woody trunk, a dense, round bush and lances darting in heaven: Lavender flowers offers fireworks. The flowers are tiny, and purple lipped, arranged in several whorls on long stems. A single spike ends each stalk. This is a key to differentiate True Lavender from Spike Lavender. Its leaves are narrow with parallel edges, like those of rosemary or spruce for example.

It keeps the essential oil in the calyx of its flowers and that, after several years of growth. These are dried before being distilled in steam. When harvesting lavender, bundles of flowers are laid on bushes to dry naturally in the sun: it is a sunny plant and needs it very much needed to give quality essential oil.

True lavender grows in very hard conditions. In altitude and with little water, yet it gives its beautiful tufts to the burning sun and its soft fragrance to powerful winds.

You want a good story?

Near a field of lavender buds, a man is distilling essential oil quietly, in the cool shade. He talks with visiting tourists under the olive tree. Life goes at a holiday pace... Meanwhile, another man takes huge stones out of the

field, in a burning sun that points away its powerful rays. He's working hard and alone, bowed in the dry dust.

The first is the second's employee. But why is this?

Hives are numerous and bees flutter with emphasis where the boss works. The employee is allergic to their bites and the hospital is far away. But do not worry ... the boss will be cool in a few days and the new employee will work in the field. Long live the king, the king is dead.

Bees do not sting when they are foraging True lavender. And the employee won't risk anything working amongst them. (Ehmm... do not try to upset bees when they are foraging in a plant in your backyard though: They need an entire field to forage all day to keep quiet!)

Energetic properties

Helps to improve relationships between self and others: making them easier, simpler, clearer and less of a pain.

Calms, soothes, and tranquilises deeply.

Lifts stress powerfully.

Generally helps you feel better... as globally and imprecisely as that.

Creates a more pleasant ambiance (in diffusion).

Improves self-acceptance.

Comforts in case of aggression.

Allows you to change your take on things (also read Davana).

Chakras

3rd chakra

7th chakra

Doshas

Refines Vata's subtlety.

Reduces excesses and fits and starts of Pitta

Induces a peaceful and quiet calm peculiar to Kapha

Standard chemotype

Esters (25-52% linalyl acetate, acetate lavandulyle 1.3 to 6%)

Monoterpene alcohols (linalool 25-42%)

Ketones: none (less than 1% of borneone)

Furanocoumarins: none

Batch chromatography

Batch, LAVB535N002 (PDF, 377 Ko, French)

Batch, LAVB535080 (PDF, 430 Ko, French)

Batch, LAVB535081 (PDF, 233, Ko, French)

Contraindications and limitations of use

No known contraindication within physiological dosage.

Keep out of reach of children.

Children and pregnant women : no other known contraindication within physiological dosage.



The information on these page is only intended to provide trained professionals with suggestions on how to use our products. They are solely responsible for any advice they may give. It rests with them to consolidate their skills and to keep ut to date with the latest advances in aromatherapy. Also, trained professionals must know their patients' state of health well enough to propose an appropriate treatment accordingly. The total responsibility for interpretation and use of Gedane products lies with users and does not involve Gedane in any way.
Texts: external consultant Marc Ivo Böhning and Geraldine Viatte