

Essential Oils

Lavender Oil 10ml

Floral, Relaxing, Balancing
& Smoothing



Directions

For a relaxing fragrance, drop 4 to 5 drops of essential oil in a burner for approx 20 minutes. Blend 4-5 of essential oil in 10ml of carrier oil, 2-3 drops for the elderly/children. Add up to 5 drops of oil into the bath. Blend with a carrier oil or moisturiser to promote dispersion.

Product Information

Never ingest, unless under the supervision of a qualified health care professional. We recommend that you discuss dosage and dilution with a qualified healthcare professional before starting therapy with this oil. Do not use undiluted on the skin. Due to the side effects of Lavender Oil on menstrual function women who are pregnant, expecting to be pregnant or lactating should avoid the use of Lavender Oil. It is not recommended that Lavender Oil is used by infants or children. We recommend that you dilute a small amount of the oil and apply to the skin on your inner arm. Do not use if redness or irritation occurs.

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Freephone Orderline: 0800 988 0292

If you would like more information on this product or any of our products please contact our **Customer Care Line: 0845 863 0622**

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Best Before: 02/2012