



# Lavender Essential Oil: Everything You Need To Know About This Wonderful Essential Oil (The Essential Oils Uncovered Series Book 1)

*Amy Joyson*

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## **Transform your health with the complete guide to Lavender Essential Oil!**

### **Get 2 FREE Ebooks with this guide**

Master the powerful natural abilities of lavender essential oil with this complete guide. Lavender is well regarded as a brilliant aid in stress relief and improving sleep. Did you know it can also be used to treat acne, relieve fevers, reduce the symptoms of arthritis, repel insects and act as a brilliant deodorant? I could go on and on with an endless list of lavender's powerful therapeutic applications. It truly is a health powerhouse. Many aromatherapists agree that lavender should be the cornerstone of anybody's essential oil collection due to the sheer versatility and ease of use. This book has been written to provide a full and thorough breakdown of lavender essential oil, ranging from its rich history to the modern day applications. Find out what the book contains below!

### **Here is exactly what you will learn whilst reading this book**

- A history of Lavender Essential Oil's use
- A breakdown of Lavender essential oils chemical composition
- The 24 key therapeutic properties of Lavender essential oil
- A detailed explanation of how the oil is extracted
- How to extract lavender essential oil at home including how to maximize the purity and yield
- Complete safety instructions when using Lavender essential oil
- How to apply essential oils to the body through massage, inhalation, ingestion and topical application
- The amazing health benefits of the oil
- 5 remedies using lavender essential oil exclusively, including stress relief and insomnia treatment
- 31 easy and effective recipe/remedy blends containing lavender oil for treating various ailments
- Cold and Flu remedy blend
- Headache treatment blend

- Jet lag blend
- Body detoxification blend
- Acne Treatment Blend
- Over 30 more incredibly helpful natural blends!

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