

Pluie Mauve Oil
Lavender
Lavandula officinalis

Physically

Relaxing calming uplifting effects, Mild anti-depressant, Dispels depression & melancholy.

Traditional antibacterial, antifungal, antiseptic

Useful

In treating infections, i.e., staph, strep, cold, flu

- Fungal infections

Tea tree & lavender

- Herbal antiseptic

Disinfect & heal scrapes, wounds & burns.

- Topical belly rub

Reduce spasms indirectly, improves digestion.

Assists in calming & accessing parasympathetic nervous system~ rest, digest, restore.
not a nervine but soothes.

May use in evening topically for a ritual to transition to sleep or in general for soothing heart & physical system.

Spiritually

- Lavender is a sensuous sifter

- A support to sensitive

- Lavender is the connector, the filter & the sponge. A porous yet definitive boundary. -
Allowing our vibrance to flourish but not be overly impacted by other's energies.

- Lavender allows us to be sensitive, open & receptive but helps avoid losing the vital exchange of our own energies.

Resources

Medicinal Herbs, by Rosemary Gladstar
Dirt Gems by Anne Louise Burdett & Chelsea Granger

Rusty Moon Botanicals
Return to the Earth