



# Willow Moon Herbals

## Lavender

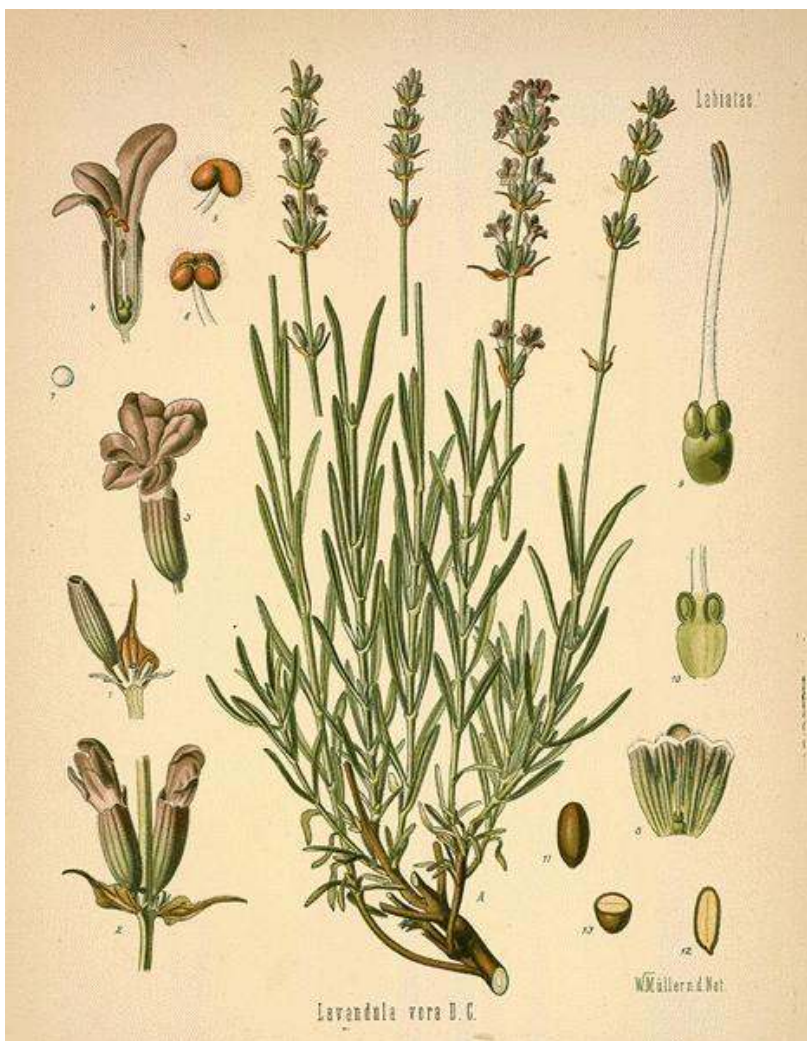
**Latin binomial:** *Lavendula spp.*

**Description:** Lavender is a small shrub of the mint family with tall, purple-spiked flowering parts. Simply gazing at its purple flowers, which bloom in June, causes a subtle but palpable lifting for the spirit. This shrubby plant is indigenous to the mountainous regions of the countries bordering the western half of the Mediterranean, and is cultivated extensively for its aromatic flowers in various parts of France, Italy, England, Australia and even as far north as Norway.



**Uses:** Lavender is available in liquid tinctures, in bulk for making tea, and as an essential oil, which is an ingredient in soaps, bath products and hair products. The effects of lavender are felt primarily in the nervous system and stomach, where the plant brings her soothing qualities. Lavender has long been considered a woman's herb: for centuries it

has been used for women in labor ~ the essential oil passed under a woman's nose and/or daubed on the temples ~ to bring about revivification to her taxed nervous system giving courage and energy to continue the birthing process. Lavender is a grief-easing plant ~ an ally for those who have experienced any kind of loss: a person, a relationship, a vocation or a part of the body. According to herbalist Rosemary Gladstar, lavender mixed with blue borage flowers are specific for lifting depression. Additionally, inhaling a few drops of lavender essential oil revives those who have fainted, stills heart palpitations and halts dizziness, as well as calming anxiety-produced headaches. The practice of bathing in lavender was popular in Turkey and Egypt to help melt away stress. Lavender also acts gently on the digestive tract, where the dried blossoms help prevent gas, relieve water retention and can halt digestive spasms. Lavender also carries disinfectant and aromatic qualities, which was popularly used in the past for swabbing of wounds, bruises and bites, as well as in the embalming process after death. Lavender essential oil has been used effectively for burns and a small bottle is often kept in the kitchen or near the grill.



**Caution:** Using the essential oil in drop doses as a topical application is the safest method. As a general practice when using Essential Oils, one should avoid the over use on the skin and should never coat oneself in essential oils since they can have a toxic effect in large doses.

*Sources: Herbal Remedies for Dummies (C. Hobbs); Herbal Rituals (J. Berger); A Modern Herbal (Mrs. M. Grieve)*

*Note: Any remedies listed on this web site are from historical references and used for teaching purposes only. The contents are not meant to diagnose, treat, prescribe, or substitute consultation with a licensed health-care professional.*