

15 Everyday Uses for Lavender essential oil

CALMING • RELAXING • BALANCING

- Add 2 drops of Lavender to your hands and breathe in deeply to relax.
- Rub a drop of Lavender on your pillow at night to help relax your mind for a peaceful night's sleep.
- Add a drop of Lavender to your favorite shampoo for a gentle scalp cleanse.
- Mix Lavender with coconut oil for a moisturizing skin support.
- Mix Lavender with Epsom salts and run under hot water for a calming night-time bath.
- Combine Lavender with water and spritz your home to help get rid of unwanted odors in any room of your house.
- Feeling stress at work? Rub a drop of Lavender on your temples or the back of your neck.
- Diffuse Lavender in the evenings to help children wind down for bedtime.
- Add a couple drops of Lavender to a liquid carrier oil for a relaxing back massage.
- Make your own homemade lip balm and add a few drops of Lavender.
- After being on your feet all day, soak your feet in a tub with Lavender infused Epsom Salt.
- Add a couple drops of Lavender to a box of tissues for a gentle wipe during the runny-nose season.
- A few drops of Lavender to coconut oil and use as a natural deodorant under each armpit.
- Add a few drops of Lavender to a wool dryer ball to freshen linens and clothes in dryer.
- Lavender can be rubbed on the back of a dog's neck to help them calm down.

