

- Naturopathy

Natural Benefits of Lavender

Prevention (USA) · 1 Apr 2021 · 21 · BY ARRICCA ELIN SANSONE

Lavender has been used therapeutically since ancient times in Egypt, Greece, and Italy. The most widely cultivated variety, *Lavandula angustifolia*, contains antioxidants such as linalyl acetate and linalool, which research suggests may reduce pain and promote relaxation, says Jaquel Patterson, a naturopathic doctor in private practice in Fairfield, CT. She shares her favorite uses here.



TEA FOR ZZZ'S

Calm down after a long day with this tea, which supports immunity too. Combine 2Tbsp dried lavender buds and 1Tbsp dried chamomile flowers, which also encourage relaxation. (Use flower buds—available online and in stores such as Whole Foods—instead of tea bag forms, which lose potency during processing.) Steep buds for 5 minutes, strain them out, add a drizzle of honey, then sip an hour or two before bedtime.

ANTI-ANXIETY BATH SALTS

Soak away stress and ease tense muscles with this aromatic bath; ancient people used lavender for the same purpose! Add 1 cup Epsom salts, 1Tbsp baking soda, 5 drops lavender essential oil, and 2Tbsp fresh lavender buds to a full bathtub of warm water. Indulge as often as you like.

SCALP SOOTHER

If your head is itchy due to eczema or dandruff, try this antimicrobial scalp mask: Mix 3 to 5 drops lavender essential oil with 3Tbsp olive oil or melted coconut oil in a small bowl and stir well. Massage 1 to 2 tsp directly into scalp, leave on for 15 minutes, then wash and dry hair as usual. Store leftover mask in a lidded jar in a cool place. Use once a week. (If you have sensitive skin, test a small area first.)