Lavender

Lavender Tea

To brew a proper cup of warm lavender tea simply steep one bag (or 1 teaspoon loose leaf) organic lavender 15 minutes in a cup purified water. To brew a gallon, steep a heaping cup loose leaf organic lavender in a gallon of purified water.

Window Sill Lavender Oil

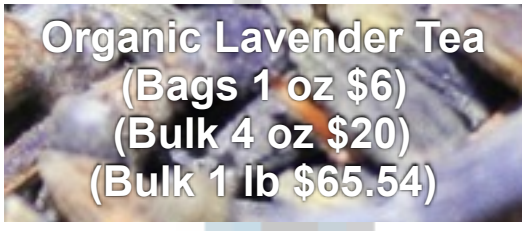
To make Sun extracted lavender oil simply put one heaping cup of organic lavender into a pint sized mason jar. Cover the lavender with organic extra virgin olive oil, cover the jar tightly and shake vigorously. Label and date the jar. Place on a sunny window sill for at least 30 days, shaking the jar daily for one week, then weekly until the desired straining date. Strain through fine mesh into oil bottle. Label and date the jar (example Lavender Oil - 6/17/15). Store in dark, cool place. To use, heat the oil by placing the entire bottle in a bowl of hot water for 5 minutes. Massage into the scalp for a hot oil treatment. Lavender oil is great for promoting hair growth and skin health.

Stove Top Lavender Oil

To make lavender oil simply use one heaping cup loose leaf organic lavender in a pint sized mason jar. Cover the lavender with unrefined organic coconut oil and place the entire jar in a medium pot of cold water. On high heat, bring the water to a boil then immediately reduce to low heat and simmer 2 hours. Once the coconut oil melts, continue to add more until the jar is 3/4 full. Check often and add water occasionally to the pot. It would be disastrous to allow the pot to go dry! Strain through a fine mesh strainer. Clean and dry the jar. Store the oil in that jar, covered, labeled and dated (example Lavender Oil - 6/17/15). Store in dark, cool place. Coconut oil will solidify. To use, apply to the face after a facial or to the body after a dry scrub or bath/ shower.

Lavender *(lavendula vera)* is known to help relax and calm a person with anxiety and stress and also promote emotional balance and wellbeing in persons with depression. It can effectively treat restlessness, insomnia, nervousness, depression, and a variety of digestive complaints, loss of appetite, vomiting, nausea, intestinal gas, upset stomach, and painful conditions. Studies have proven that organic lavender can successfully treat hair loss. Lavender is known to be amazing in a way that even smelling the aroma can aid in physical relaxation and emotional tranquility. Lavender is known to be a calming nervine, fight anxiousness and gently fight insomnia.





Organic **Lavender** is in stock. Be swift about contacting nicolechavous@me.com and place your order today! ***All my herbs, teas and spices are certified organic unless otherwise specified.***

AUDIO ANIME RECORDS, INC

This information is not intended to diagnose, prevent, treat or prescribe any condition. This information is meant to supplement, not replace advice from your doctor or healthcare provider and is not meant to cover all possible uses, precautions, interactions or adverse effects. This information may not fit your specific health circumstances. Never delay or disregard seeking professional medical advice from your doctor or other qualified health care provider because of something you have read. You should always speak with your doctor or health care professional before you start, stop, or change any prescribed part of your health care plan or treatment and to determine what course of therapy is right for you.
All Rights Reserved © 2016 Audio Anime Records, Inc.