

# Lavender



## a little history...

The use of lavender can be traced back to the Egyptians, Greeks and Romans of ancient times. The Romans regularly scented their bath water with lavender. The botanical name, *lavendula*, is derived from the Latin word *'lavare'* meaning *'to wash'*.

The oil, derived from the flowers by distillation in water, can be used to treat insect bites and burns.

Provence is now the world's largest lavender producing region.

## practical uses...

In England, dried lavender has long been used to scent drawers and clothing.

Lavender makes a great natural insect repellent both in the outdoors and as a replacement for toxic moth balls.

## in the garden...

Plant lavender in a *sunny location* where the soil is well drained. It is NOT a fussy plant that requires a lot of fertilizer. Luckily, the deer will stay away due to its strong fragrance. Cut back late in the fall to avoid a real 'woody' plant.

## modern day aromatherapy...

Rene Gattefosse, one of the founders of modern day aromatherapy, quickly learned the healing and antiseptic qualities of lavender when he burned his hand badly while working in his lab. He used lavender oil; the pain stopped and the burn healed quickly with no infection or scarring.

Most commonly, though, it is used to induce sleep, ease stress and relieve depression. It is also used as a tea, to make compresses for dressing wounds and to apply to the forehead to relieve congestion on sinuses, headaches, hangovers, tiredness, tension and exhaustion.

