

Lavender Information



There are at least 28 varieties. English lavender is better for culinary uses, and French lavender is better for fragrance, cosmetics, and other purposes. The word lavender derives from the Latin verb “to wash” which complements the many qualities of the plant.

- The oil is an antiseptic and helps relieve spasms.
- People will place a drop of oil on their temple to help relieve headache and stress.
- The leaves repel insects.
- Sprinkling lavender buds on your carpet before vacuuming will deodorize and make your room smell great.
- Sachets full of dried lavender are popular for perfuming drawers and closets.
- Added to the bath or used to make facials, lavender stimulates and cleanses the skin.
- Placing lavender buds in a hot drawn bath is soothing, and can help medicinally and cosmetically.
- Lavender vinegar is reported to be good for oily skin.
- The buds can be used in many dishes, deserts and beverages.
- You can add lavender to teas, lemonade, and even coffee.