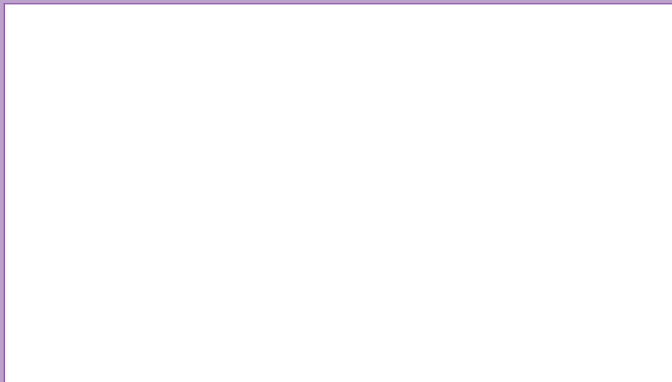


When choosing an essential oil, it is important to find a source that offers **pure, therapeutic-grade** oils. Some essential oils are diluted or cut with a chemical or carrier oil to make them less expensive. Some essential oils have been improperly processed by manufacturers trying to cut corners. Oils such as these may be missing or have the wrong proportion of necessary constituents and may provide less than desirable results when used.

To learn more about pure, therapeutic-grade lavender and other essential oils, please contact the person who gave you this card, or the person listed below:



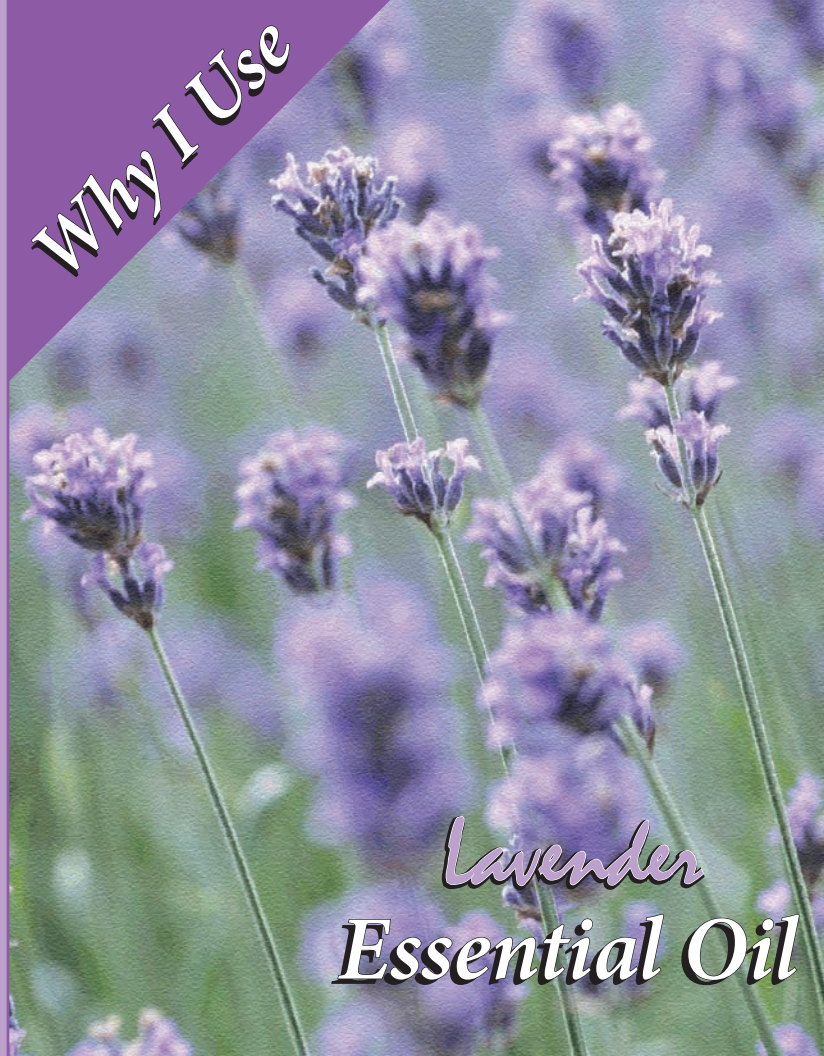
To order more copies of this card, please contact:



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Why I Use

Lavender
Essential Oil



Why do I use lavender essential oil?

"It helped me sleep. I have had a difficult time falling asleep and staying asleep for the past 5 years and I was able to achieve a deep, restful and restoring sleep with lavender. I continue to use this when I am stressed at night and need to sleep. I also use it regularly for cuts and burns."
—**Connie Jenkins**, Missouri

"My husband suffered from insomnia and it helped him get a good night's sleep. It was an 'all-purpose' oil that we could use for many things. We also used it for burns."
—**Barbara Anne Mills**, Saskatchewan

"I like to put it in my bath with Epsom salts when I've worked out too hard."
—**Maria**, California

"It is helpful in providing a calming source and healing a wound. Also to quiet an upset stomach."
—**Alyson Krayl**, New Jersey

"I love the aroma and it works great for a good night's sleep or in the bath tub for relaxation. It also works great on burns."
—**Lisa Crumrine**, Nebraska

"Great for burns and cuts"
—**Lori Diekfuss**, Wisconsin

"It is a calming oil to me. I like to use it for everything. I have used it to help heal cuts on horses with great results."
—**Meshawn Owens**, California

"Lavender helps me relax when I am tense, it helps my skin blemishes and helps if I have a headache."
—**Kirsten Ward**, Massachusetts

"I use it, because it smells very sweet, calming and soothing. It is very good for a perfume. I use this for cuts and scrapes for my children and me."
—**Deborah Satterthwaite**, California

"I spray this on my children's bedding each night for a restful night's sleep. Great for my children's cuts and bumps too."
—**Amy Holmes**, Florida

"It has an amazing fragrance that is very calming. I use it on my pillow for a more restful sleep. I also found the pain stopped immediately when a sharp splinter went under my fingernail after putting a few drops directly on the area...I also use it as a perfume."
—**Marsha**, Nebraska

"It is very calming and helps me to relax. I like the effect it has on me."
—**Doris**, Missouri

"I love the scent and if you have nothing else available this will work for almost anything. The best for burns."
—**Suzanne**, California

"Lavender relaxes me and worked well for my back pain when I fell last year."
—**Hazel Hampden**, New Jersey

"Lavender oil is great for all around wellness. I use it for my endometriosis, to aide me in sleeping well at night and most recently on my face for winter wind burns."
—**Jeanette Jolley**, California

"Dry and cracked hands in the wintertime are a problem, so mixing a few drops of lavender with hand lotion really helps keep them from cracking open and bleeding."
—**Karen Thomas**, Pennsylvania

"I carry a bottle of pure lavender everywhere I go. I use it for pain, relaxing, sleeping, insect bites, skin blemishes, and headaches."
—**Mary O.**, Oklahoma

What are essential oils?

Essential oils are the volatile, aromatic liquids that can be distilled from plants. Each essential oil is comprised of many different constituents that work together synergistically to give the oil its unique properties. Many essential oils have been used for healing and pleasure for thousands of years.

How to use essential oils:

Massage:

Mix 5-10 drops of essential oil with 1 oz. of a pure vegetable oil and massage on the skin.

Inhalation:

Place 1-3 drops of essential oil on a tissue, cotton ball, or strip of fabric. Hold this close to your face and inhale, or attach it to a ceiling fan or air vent.

Room Spray:

Place 10-15 drops of the essential oil with 1 oz. water in a small spray bottle. Shake well and spray in room as desired.

Bath:

Mix 3-6 drops of essential oil with 1/2 oz. unscented shower gel or 1/4 cup Epsom salts and add to water while filling.