

LAVENDER

Botanical Name:

Lavandula angustifolia

Common Names:

English lavender, French lavender

Parts used:

Flowers

Active Components:

The medicinal parts are the essential oils (e.g. linalool, linalyl acetate). It also contains coumarins and tannins.

Looks like:

Lavender is a short shrub (grows to a height of about 60 cm) that is heavily branched. The essential oils in the blue flowers give the herb its fragrance.

Where it's grown:

The plant is native to the Mediterranean region where it grows in sunny, stony habitats. It is also cultivated in Australia and the United States.

History:

The name lavender has Latin origin *lavare*, which means: "to wash". Lavender was used in baths to help clean the body and spirit, hence its name. Traditionally, lavender helped in insomnia, anxiety and as a gentle tonic of the nervous system. Aside of its medicinal uses, it has been used in cooking and cosmetics for centuries.

Use:

Lavender is used for digestive problems and loss of appetite, circulatory disorders, nervousness and insomnia. The focus of lavender's research is on its effect in certain types of cancer, antimicrobial and anti-inflammatory properties. Herbalists treat skin conditions, such as fungal infections, acne, wounds and eczema with lavender oil.

