

Lavender essential oil



The lavender essential oil is got from lavender flowers, cultivated in the fields of La Sabbiona. It helps for reaching balance and letting go the stress. Its aroma, relaxing fresh and floral, calms the nervous system and helps it to find interior balance and relax.

The lavender essential oil is also efficient in case of nervous thoughts. Its relaxing aroma strenghtens self confidence and makes easier to relax and fall asleep peacefully.

Its intense aroma keeps pesky insects away, like wasps flies gnats and mosquitos.

The lavender oil is highly concetrated, few drops in the water are enough:

- aromatic lamp: 2 drops diluted in the water
- sauna: 3-5 drops per 1 lt of water for the spray. Use the water with the essential oil normally. It is recommended to use it diluted in the water and never pour it on incandescent rocks.

The essential lavender oil is 100% pure and it is a classical in aromatherapy, a panacea for the skin and the spirit.

- It gives pure relax
- It has a relaxing and balancing action
- Keeps insects away.