

Lavender Monograph



Lavender

Botanical Name

Lavandula angustifolia

Synonyms

Common lavender, English lavender, *Lavandula officinalis*, *Lavender vera*

Botanical Family

Lamiaceae (Labiatae)

Method of Extraction

Steam distilled from flowering tops and stalks.

Characteristics

Colorless to pale yellow with sweet, floral, and herbal aroma.

Description & Area Grown

Aromatic, woody evergreen shrub with narrow linear leaves and flowers; grows up to 1 meter (3 feet) high. Native to the Mediterranean region, it is now grown and produced all over the world; main producers are France and Bulgaria.

Main Chemical Components (varies according to source)

Esters 40-55%

Monoterpenols 27-52%

Sesquiterpenes 2-8%

Monoterpenes 4-5%

Oxides 2%

Main Therapeutic Properties

Analgesic, antidepressant, antibacterial, antifungal, anti-inflammatory, antiseptic, antispasmodic, sedative, cicatrisant, insecticide

Safety Considerations

Non-toxic, non-irritant, non-sensitizing; no hazards or contraindications known.



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