

LAVENDER

Latin Name: *Lavandula angustifolia*

FAMILY: Lamiaceae

AGE 3+ months (topically)

APPROPRIATE: 12+ months (culinary)

ENERGETICS: warming

TASTE: Bitter, Floral, Pungent

ACTIONS: Analgesic, Antibacterial, Anticatarrhal, Anti-fungal, Anti-inflammatory, Antimicrobial, Antispasmodic, Aromatic, Carminative, Nervine, Rubefacient, vulnerary^{1,2}



USES: Bacterial and Fungal infections, Muscular Tension, Poor Sleep, Anxiety, Wounds, Burns, Depression, Headaches, Bug Bites

SAFETY: No side effects or drug interactions have been reported.¹

PREPARATIONS: Tea, Tincture, Glycerite, Infused Oil, Essential Oil, Culinary

NOTES + RESEARCH: Lavender has been proven by scientific studies to be effective for alleviating generalized anxiety, depression, and restlessness while also improving a general sense of well-being. It is one of the few herbs that has been tested and found comparable to certain conventional prescription medications. Relatedly, it has also been found to be effective in helping to improve sleep patterns in people in intensive care or who have cancer. These same studies have also reported a reduction in restless leg syndrome, and an increase in memory during stressful situations.

References:

1. McBride, Kami. (2019). *The Herbal Kitchen*. Newburyport, MA: Conari Press.
2. De La Foret, Rosalee. (2017). *Alchemy of Herbs: Transform Everyday Ingredients into Foods & Remedies That Heal*. Carlsbad, CA: Hay House Inc.
3. Hoffmann, D. (2003). *Medical herbalism: the science and practice of herbal medicine*. Rochester, Vt.: Healing Arts Press.
4. <https://www.healthline.com/health/lavender-history-plant-care-types>