

Product Description:

Extracted from *Lavandula angustifolia* grown in Bulgaria, **Lavender (Bulgaria) Essential Oil** offers a sweet, floral aroma with herbaceous undertones. Widely known for its versatile properties, Lavender is celebrated for its calming effects on the mind and body. It is commonly used for relaxation, stress relief, and promoting restful sleep.

Product Code: [EZ10-EO]

Botanical Name: *Lavandula Angustifolia*

Country of Origin: Bulgaria

Extraction Method: Steam Distilled

* **Note:** COA and MSDS available on request.

Guidelines for Use:

1. **Aromatherapy Diffusion:** Inhale the calming and soothing aroma of Lavender Essential Oil by adding a few drops to a diffuser. This can help create a relaxing atmosphere and promote a sense of tranquility.
2. **DIY Pillow Spray:** Mix Lavender Essential Oil with water in a spray bottle and lightly mist your pillow before bedtime. The calming scent may contribute to a restful night's sleep.
3. **Skin Soothing Serum:** Dilute a few drops of Lavender Essential Oil with a carrier oil (such as jojoba or sweet almond oil) and apply it to your skin. Lavender oil is known for its skin-soothing properties and can be beneficial for various skin concerns.
4. **Relaxing Bath:** Add a few drops of Lavender Essential Oil to your bathwater for a calming and aromatic soak. This can help relax your body and mind after a long day.
5. **DIY Facial Steam:** Add a drop of Lavender Essential Oil to a bowl of hot water, cover your head with a towel, and inhale the steam. This can be a soothing and refreshing facial steam, benefiting both your skin and senses.

Caution:

Always perform a patch test before widespread use, and be cautious if you have sensitive skin. Consult with a healthcare professional or dermatologist for personalized advice, especially if you have specific skin concerns or conditions.