

# Lavender Flower

**Botanical Name:** *Lavandula angustifolia*

**Family:** Lamiaceae

**Energetics:** Cooling, aromatic

**Taste:** Sweet, floral, slightly bitter

**Actions:** Nervine, relaxing, mild antiseptic, digestive support, anti-inflammatory

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## Overview

Lavender Flower is renowned for its calming, relaxing properties. Traditionally used to ease anxiety, support sleep, soothe digestive issues, and provide mild antiseptic benefits.

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## Uses

### Internal Uses

- Supports relaxation, sleep, and nervous tension
- Digestive aid for mild upset
- Mild anti-inflammatory

### External Uses

- Aromatherapy for relaxation and mood
- Infused oils for skin and massage
- Bath additives for calming effects

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## Medication Interactions

- May enhance sedative medications
- Use caution if combining with other calming herbs or pharmaceuticals

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## Contraindications

- Pregnancy: generally safe in small amounts; avoid concentrated essential oil ingestion
- Children: safe in teas in moderation
- Allergy to Lamiaceae family

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## Caution & Safety

- Avoid high internal doses or essential oil ingestion
- Monitor for allergic reactions
- Use external applications safely

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## Herbal Pairings

### Blends Well With

- Chamomile (nervine synergy)
- Lemon Balm (calming and digestive support)
- Jasmine Flower (aromatic calming)
- Peppermint (digestive support)

### Avoid Combining With

- Sedative medications in high amounts without guidance

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## Possible Side Effects

- Rare allergic reactions
- Excessive sedation if combined with sedatives

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## Forms & Dosage

### Tea / Infusion

- 1-2 tsp dried flowers per cup water
- Steep 5-10 minutes
- 1-3 cups daily

### Tincture (1:5)

- 1-2 mL, 1-2 times daily

### Aromatherapy / External Use

- Diffuse essential oil or apply diluted infused oil

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Lavender Flower is a versatile calming herb suitable for teas, tinctures, baths, and aromatherapy to support sleep, relaxation, and mild digestive discomfort.

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