

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

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.

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
-

Medication Interactions

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

Contraindications

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

Caution & Safety

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

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
-

Possible Side Effects

- Rare allergic reactions
 - Excessive sedation if combined with sedatives
-

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
-

Notes

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

For educational purposes only; not intended to diagnose, treat, or cure any condition.

© HomesteadGardener.ca | @YourHomesteadGardener