Lavender

- uma

vararuchi
ABOUT LAVENDER

• The lavenders are a genus of 39 species of flowering plants in the mint family, Lamiaceae. An Old World genus, distributed from Macaronesia across Africa, the Mediterranean, South-West Asia, Arabia, Western Iran and South-East India. It is thought the genus originated in Asia but is most diversified in its western distribution.
Medicinal use

- Lavender is used extensively with herbs and aromatherapy.
- English lavender yields an essential oil with sweet overtones, and can be used in balms, salves, perfumes, cosmetics, and topical applications. Lavandin, *Lavandula × intermedia* (also known as Dutch lavender), yields a similar essential oil, but with higher levels of terpenes including camphor, which add a sharper overtone to the fragrance. Mexican lavender, *Lavandula stoechas* is not used medicinally, but mainly for landscaping.
- Essential oil of lavender has antiseptic and anti-inflammatory properties. It was used in hospitals during World War I to disinfect floors and walls. These extracts are also used as fragrances for bath products.
Thank You