



## The Lavender Species

**Botanical name:** *Lavendula angustifolia*, *L. officinalis*

**Essential oil extracted from:** Flowers

**Family:** Labiatae

**Cultivated in:** France, Bulgaria, UK, Spain, Australia, New Zealand

**Planet:** Mercury

**Element:** Fire

**Chakra association:** Brow

**Crystal association:** Amethyst

**Magical uses:** Love, sleep, purification

The word Lavender is derived from the Latin *lavare*, meaning “to wash” and in ancient Rome was used as a medicinal and cosmetic aid. Genuine and authentic Lavender oil is indispensable in aromatherapy use due to its numerous therapeutic actions on the skin and the nervous system.

### Which Lavender?

There is a variety of Lavender on the market; each with its own chemical composition and scent. Lavender’s properties generally fall into 2 categories – soothing or stimulating. The higher the Lavender plant is grown the more linalyl acetate it has (one of the many chemical components the essential oil contains); which has a soothing effect. The lower it is grown the more camphor (another chemical component) it contains which in this case, is stimulating.

Below are a few examples of the different species of Lavender.

**Botanical name:** *Lavndula angustifolia*, *L. officinalis*

**English name:** Lavender, True

The asprin in aromatherapy with a wide range of actions such as wound healing, antispasmodic, and analgesic (pain relief).

**Botanical name:** *Lavendula latifolia*, *L. spica*

**English name:** Spike Lavender

It has a higher cineole content then the other Lavenders and is more useful for respiratory infection, muscle aches and sprains. Pregnant women and babies should avoid this Lavender due to its high ketone composition.

**Botanical name:** *Lavendula intermedia*

**English name:** Lavender Hybrid/Lavandin

A cross pollination between True Lavender and Spike Lavender. Generally used in toiletry, soaps and room fragrance.

**Botanical name:** *Lavendula stoechas*

**English name:** Spanish Lavender

Best in the hands of experienced aromatherapists. It is an excellent anti-catarrhal and encourages liquefying catarrh with dry coughs. Avoid use on babies, children and if pregnant.

Important: The information given does not replace medical advise or opinion.

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