

The Uses Of Lavender For Your Beauty Regimen

Lavender is a very popular herb but some people – especially those who are not into this herbal thing and aromatherapy, do not know as to what extent it can do. But if you want to use herbs in your beauty regimen, then knowing more about lavender may just be your first good step because it is versatile, and has a lot of potentials that have been used by people for many centuries. Lavender is a tiny evergreen shrub that grows well in temperate areas and in many countries around the world, mostly in Mediterranean countries. It produces tiny pink, white, or pale blue flowers and can grow in very high altitudes. It came from the Latin word “lavare” which means “to wash”. There are many varieties of lavender. The most common is *Lavandula angustifolia* or *officinalis*, while the others are *Lavandula stoechas*, *Lavandula dentate* and *Lavandula multifida*. Lavender has a long history that dates back to the time of the Roman Empire, when it was used by Romans during bath rituals. It was also often used by herbalists for insect bites and to repel insects. Its insect repelling properties were useful during The Plague, when lavender was used to repel fleas. Associated with femininity, it quickly became popular among the royalties, especially with Queen Victoria for its calming properties. Up to this day lavender proves to be versatile that does a lot of in so many areas of health. As far as beauty is concerned, lavender oil can be used, along with olive oil and other essential oils, to treat acne. It is also used to prevent hair loss. Pour 3-6 drops of lavender oil in water when bathing. Due to its antibacterial and antiseptic characteristics, it can control blemishes, treat insect bites, burns and skin inflammations. A favorite among aromatherapists, lavender is often used in soap making, candle making and perfumery. It is used for massage, foot care, and as a hair rinse to clean the scalp and gives it a nice fragrance. It is used to make potpourris, salt baths, balms, lotions, salves and creams. The reason for this could lie in its herbaceous, yet floral scent – elegant, feminine, relaxing, calming, and soothing. Its scent invokes relaxation and peacefulness – calming for some to fall asleep. When used along with chamomile to make a sachet, it can be placed under a pillow to ward off insomnia. Do you know that aside from using lavender in your beauty regimen, it can also serve as a mood booster as well? This was proven by two separate studies done by researchers from University of Miami in the US and the University of Northumbria in the UK. In the US study, participants who were given lavender felt much better and were less depressed. The same result was reached by the other researchers from the University of Northumbria. Being an adaptogen, lavender can also eliminate stress and irritability. So if you are stressed, inhaling some lavender might be your answer. While there are many more uses this herb has, I have only mentioned those in the beauty aspect and will mention more in another article.

About the Author

Elle, Elle Canada, fashion, fashion magazine, beauty, trend, runway. All categories, Bags, Bathing suits, Beauty tools, Blazers and jackets, Body, Boots.

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