Lavender Flower Buds - Loose Herb

DESCRIPTION

The Calm of a Summer Field, in Your Cup

Whole dried lavender buds (*Lavandula angustifolia*) — fragrant, deep purple-grey, and ready for your teapot, your bath, your pillow or your kitchen. One ounce of pure flower, nothing added and nothing taken away.

Lavender has been the herb of rest for as long as people have written about plants. The Romans scented their baths with it — its name comes from the Latin *lavare*, "to wash." Medieval monks grew it in their infirmary gardens for headaches, nerves and sleepless nights. Folk healers across Europe stuffed it into pillows and hung it over sickbeds. Today, Western herbalists call it a *nervine*: a plant that calms an overworked nervous system and lifts a low mood at the same time.

What science has found so far:

- Its two main aromatic compounds, **linalool** and **linalyl acetate**, act on the same calming pathways in the brain that many anti-anxiety drugs target — without the dependence.
- A standardized lavender oil taken by mouth eased anxiety as well as a common prescription anti-anxiety drug in a head-to-head trial. (Woelk & Schläfke, 2010)
- Simply breathing lavender before bed increased deep, slow-wave sleep and left people feeling more refreshed in the morning. (Goel et al., 2005)

The Eastern view: lavender came late to Chinese medicine, but practitioners who use it today place it as **cool and pungent**, entering the Liver — an herb that moves stuck Qi, cools rising Heat and settles the *Shen* (the spirit housed in the heart). That is the same picture the West paints in different words: a plant for the tension, irritability and racing mind that keep you awake. In Ayurveda its fragrance is used to calm Vata and soothe Pitta.

Ways to use it:

- **Bedtime tea** — 1 teaspoon of buds in a cup of just-boiled water, covered, for 5–7 minutes. Lovely with chamomile, lemon balm or a little honey. Start light: lavender is strong.

- **Sleep pillow & sachets** — fill a small cotton bag and tuck it inside your pillowcase, a drawer, or your car.
- **Bath soak** — a small handful in a muslin bag under the running tap.
- **Steam** — a pinch in a bowl of hot water for a calming facial steam at the end of the day.
- **In the kitchen** — a pinch in shortbread, lemonade, honey, or herbes de Provence.

Ingredients: 100% dried lavender flower buds.

Size: 1 oz, in a resealable black stand-up pouch with a window. Store sealed, away from light and heat, to keep the aroma strong.

Packed to order by a small team of skilled herbal professionals.

Disclaimer

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

We recommend working with a qualified integrative healthcare professional, especially if you are pregnant, nursing, have a medical condition, or take any medications.

Important Safety Information:

- Lavender is gentle, but strong amounts can taste bitter or soapy and may upset the stomach — a little goes a long way.
- It may add to the effect of sleep aids and sedative medications.
- Use in moderate, food-like amounts during pregnancy and nursing.
- Rarely, lavender can cause a skin reaction — patch test before using it on skin.
- Keep out of reach of children and pets. Store in a cool, dry, dark place.