



NATURE'S SUNSHINE

Lavender (Organic)

GOOD FOR

Nervous System

Brain

SIZE **15 ml**

ITEM # **3847**

DIRECTIONS FOR USE Essential oils may be used aromatically or topically in a variety of ways, including diffusers, massage, compresses, baths, scrubs, lotions and sprays. Essential oils should be diluted with Nature's Sunshine Massage Oil or Carrier Oil before being applied topically.

— How the Key Ingredients Work

Organic lavender has been treasured for centuries as a gentle, versatile herb that supports the mind and body in one beautifully simple plant. From easing everyday tension to soothing the skin, this time-honored botanical works in harmony with your body's own natural rhythms.

Lavender – Calm & Relaxation Support — Perhaps best known for its ability to take the edge off a stressful day, lavender has been studied in multiple clinical trials for its calming effects. Research on an oral lavender preparation showed meaningful support for everyday anxiety and anxious feelings, helping people feel more at ease and settled.

Lavender – Sleep & Restfulness — Struggling to wind down at night? Lavender has been studied for its role in supporting more restful sleep, particularly in people whose nights are disrupted by worry or tension. Its gentle, soothing nature makes it a popular choice for a natural bedtime ritual that helps the mind and body prepare for rest.

Lavender – Mood & Emotional Balance — Lavender isn't just about relaxation — research also points to its ability to support a more balanced, positive mood. Studies have looked at its effects in people experiencing mixed feelings of anxiety and low mood, with results suggesting it can help bring a greater sense of emotional steadiness to daily life.

Lavender – Abdominal Comfort — Lavender aromatherapy has been explored in well-designed clinical studies for its ability to ease abdominal discomfort, particularly the kind that comes with monthly cycles. Multiple trials found meaningful relief from cramping and related discomfort, making lavender a gentle ally for those difficult days of the month.

Lavender – Skin & Acne Support — Lavender essential oil has shown the ability to work against the bacteria most commonly linked to acne breakouts in laboratory studies. A clinical investigation using a combination of tea tree and lavender oils found it helped reduce the appearance of blemishes, pointing to lavender's potential as a gentle skin-supporting botanical.

Lavender – Antioxidant Defense — Your body faces oxidative stress every day from pollution, stress, and normal metabolism. Lavender — both its essential oil and its plant extracts — has demonstrated antioxidant activity in multiple validated laboratory tests, suggesting it can help support the body's natural defenses against everyday oxidative wear and tear.

Lavender – Aromatic & Sensory Wellness — The simple act of breathing in lavender's signature floral scent has been shown in research to influence how calm and comfortable we feel. Aromatherapy with lavender is one of the most widely studied uses of the plant, and it remains a beloved, accessible way to bring a moment of peace into a busy day.

Lavender – Traditional Herbal Heritage — Lavender has been used in traditional herbal practice across the Mediterranean, Arabian Peninsula, and beyond for generations. Long before modern research caught up, herbalists relied on this fragrant plant to support nervous system comfort, skin health, and general wellbeing — a legacy that continues to be validated by contemporary science.

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