



Lavender Oil: The New Guide to Nature's Most Versatile Remedy

Julia Lawless

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For many people the very scent of lavender evokes an image of days gone by. Originally used to perfume the bath and scent the linen, it was traditionally renowned as a soothing folk-remedy and cosmetic aid. Today lavender is as popular as ever, although the soaps, toilet waters and herb pillows have largely given way to the pure essential oil for use in the home. This book indicates how lavender oil can be employed in the home for different purposes, including the treatment of stress, insomnia, cuts and burns, and headaches, and for skin care.

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