

*Relaxing &  
Skin Nourishing*



PRIMAVERA®



DIY

Recipes with

*Organic Lavender Fine*



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# Organic Lavender Fine

Lavender essential oil is an allrounder, our jack of all trades. It enhances mental and spiritual well-being and assists stressed skin as it heals.

## Fragrance Profile

Fresh, herbal, mild

## Benefit

Cares for and regenerates skin; helps promote healthy sleep and relaxes feelings of anxiety and restlessness.

### "RELAX"

#### Aroma Bath

- 100 g sea salt
- 10 drops of Organic Lavender Fine
- 5 drops of Organic Orange

To create a relaxing aroma bath, add 4 tbsp. of the blend into your bath water or use 2 tbsp. for a footbath.

### "IN BALANCE"

#### Face Oil

- 30 ml Organic Evening Primrose Seed Oil
- 3 drops of Organic Lavender Fine
- 2 drops of Organic Cedar

Add the drops of essential oils into the evening primrose oil and shake well. Apply to cleansed skin and gently massage.

