Ways to Use Lavender

Hello [[firstname]],

As you know from today’s blog post about the Benefits of Lavender, this herb has a lot of calming and relaxing benefits. Read the post here if you haven’t already:

[Insert Link]

Today’s email is also going to talk about lavender, but instead go into the different methods of using lavender.

**Have a Relaxing Bath or Foot Bath**

If you want to start winding down and relaxing after a long, stressful day, you can draw yourself a bath and use lavender essential oils. Add a few drops to a bath of warm or hot water and indulge in some alone time. This will allow your nervous system to slow down and get you into a more calming state. You can also add some of the oils to a foot bath. This helps to soothe your sore and tired feet while also letting you relax.

**Add it to Your Tea**

Instead of using the essential oil, you can add lavender dried flower herbs into a tea. This can just be a lavender tea, or you can add some flavoring, like lemon juice squeezed into the tea. For a healing tea, you can also use some other herbs or essential oils, such as chamomile and rose oils.

**Create a Calming Diffuser Scent**

If you have an essential oils diffuser, that can also be used with your lavender essential oils. In this case, no dilution is needed, so you simply add the oils to the base of the diffuser and turn it on so that it releases the scent into the air and creates a lot of great health benefits.

**Massage it Onto Your Skin**

Lavender essential oil can also be really great for your skin, since it has anti-inflammatory properties. This helps to reduce redness, swelling, and irritation if you have sensitive skin and are having some type of allergic reaction to something. Make sure when applying essential oils directly to your skin, you mix them with a carrier oil first, such as olive oil or jojoba oil. These will help to dilute the essential oils and keep it from burning your skin.

[sign off]