

# Lavender Notes

Lavender Lady (Australia) Pty Ltd

## CULTIVATION

<b>Site</b>	Sunny and open to discourage fungal disease.
<b>Soil</b>	Well drained preferably sandy with lime content
<b>Propagation</b>	Take 100-200mm stem cuttings in autumn or spring, or layer plant. Sow from fresh seed in late summer and autumn.
<b>Growing</b>	Plant to 450-800mm. apart for smaller varieties, or 800-1200mm. apart for larger varieties. 300-500mm. apart for hedges dependent on variety used. Remove faded flower stems, prune hedges and straggly plants in late autumn or spring.
<b>Harvesting</b>	Gather flower stems just as flowers open. Pick leaves anytime.
<b>Preserving</b>	Dry flowering stems by laying on open trays or hanging in small bunches.

## USES

<b>Decorative</b>	
<i>Whole plant</i>	Make wonderful potted plants for patios. Good for hedging
<i>Flowers</i>	Hang dried in bunches on its own with other tiny flowers. Add sprigs to wreaths and nosegays.
<b>Culinary</b>	
<i>Flowers</i>	Flavour jams and make lavender vinegar. Mix small amounts with savoury herbs for fragrant stews. Crystallise flowers for cake decoration. Use instead of Rosemary in recipes, add to beef, breads and scones, desserts.
<i>Leaves</i>	Add when some bitterness is required to cooking.
<i>Stems</i>	Soak dried stems and use on barbeque to flavour meats.
<b>Household</b>	
<i>Fresh flowers</i>	Rub on skin, or pin to clothes, to discourage flies.
<i>Dried flowers</i>	Place in sachets & bundles to scent drawers & protect linen from moths. Place in pot-pourri, herb pillows, linen sachets.
<i>Stems</i>	Use dried as incense, or scented firelighters
<b>Cosmetic</b>	
<i>Dried flowers</i>	Make tonic water for delicate & sensitive skins to speed cell replacement and as an antiseptic against acne. Add to soap.
<i>Essential Oil</i>	Use oil in massage for muscular aches, fluid retention and cellulite. Add a few drops to final rinse water for scenting linen or hair. Add 5 drops of oil in water as a hair rinse for lice, or use a few drops of neat oil on a fine comb for nits
<b>Medicinal</b>	
<i>Flowers</i>	Infuse as a tea to soothe headaches, calm nerves, fainting, dizziness, nervous exhaustion, tension headaches, halitosis, during labour, to ease flatulence, colic and indigestion (give weak (25% normal strength) to babies for colic, irritability and excitement). Take up to 5ml as a tincture twice a day, for headaches and depression. Use as a mouthwash for halitosis
<i>Essential Oil</i>	Use neat as an antiseptic, mild sedative and pain-killer on insect bites, stings & minor (cooled) burns. Add a few drops to chamomile cream for eczema
<b>Aromatherapy</b>	
<i>Essential Oil</i>	As a massage oil or cream in aromatherapy, for muscular soreness, painful joints, inflammation, rheumatic aches, anxiety, insomnia and depression. colds, coughs, flatulence and colic, head aches, throat infections & skin sores. As a lotion for sunburn and scalds. Add 1ml lavender oil and 5drops chamomile oil to 10ml carrier oil for asthmatic and bronchitic spasms. Dilute 1ml in 25ml carrier and massage into painful muscles. Dilute 0.5ml in 25ml carrier & massage into temples & nape of neck for tension headaches or at the first hint of migraine. Place one drop on the temple for headache relief. Add 2 drops to boiling water and use as an inhalant for colds, chest infections and 'heavy' heads. Add six drops to bathwater for insomnia or to calm irritable children. Dilute 0.5ml in 25ml carrier for sunstroke or to help prevent sunburn. (THIS IS NOT A SUNBLOCK & MUST NOT BE USED AS SUCH)

**ALL LAVENDER HOUSE PRODUCTS CONTAIN ESSENTIAL OIL OF TRUE LAVENDER  
AND ARE THEREFORE AROMATHERAPEUTIC,  
IN ADDITION TO BEING PRACTICAL PRODUCTS FOR EVERYDAY USE.**