

A Little Bit about Lavender © 2011 Martha Libster, Ph.D., R.N. **Lavender** bath oil and lavender essential oil are good additions to anyone's home remedy kit. As long as the scent of lavender is perceived as pleasing, it can be used in the bath to alleviate the common aches, pains, and stresses on body and spirit associated with hard work. Lavender baths are especially soothing after a physically and emotionally taxing day. To get to know the soothing benefits of lavender, try a lavender bath as soon as you get home from work. Use either a whole herb bath infusion that you make yourself or a pre-made bath oil and see if you don't have some energy left for fun times with your family! **Lavender** essential oil is an important first-aid remedy. It has been used historically to heal burns. The essential oil of lavender can be used neat (directly on the skin) after the burn is cooled with water.

Recipe for making lavender whole herb bath infusion:
(From the Integrative Herb Guide for Nurses, Libster, 2001)

To prepare a herbal bath infusion, use one handful of cut herb per liter or quart of water. For a full body tub make 3 quarts/L; use less for smaller basins. Steep the herbs in cold water for a few hours or overnight and then heat almost to boiling, cover and allow the herbs to steep for ten minutes. Strain the infusion and pour into tub or basin filled with warm water. Adjust the temperature and submerge. Baths should last at least twenty minutes because that is the amount of time the pores take to open fully. After the bath, the body should be wrapped warmly in towels and allowed to perspire for a short time. Even the feet will perspire after a foot bath. Dry the body and put on fresh clothing.