



THE TOP 5 LAVENDER HOME REMEDIES

by

Kami McBride

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HERBAL RESOURCES

FROM THE AUTHOR

I love lavender. What can I say? I should have given this book the title, 'Ode to Lavender'. This beautiful, versatile, aromatic healing plant is a pharmacy unto itself. If I were stranded on an island with only 5 plants.....

I am so glad that you are reading this book. Lavender home remedies are so simple and can really make a difference for the common ailments of everyday life. Try one of these lavender home remedies the next time someone you love has a headache, minor scratches or achy muscles.

Lavender is healing to the skin, calms the nervous system and enhances your sense of wellbeing. Lavender is also very cleansing on an energetic level. It helps to soothe stress and promote the release of physical and emotional tension. Lavender is a good herb for muscle spasms, headaches and topical inflammation.

If any of your symptoms persist, seek the medical attention that you need to identify the source of your ailment. These lavender home remedies are not a substitute for medical care and are meant to be used occasionally for minor ailments.

All the Best,
Kami



LAVENDER TEA FOR INDIGESTION

Many people are familiar with using lavender for relaxation but it is also a great herb for digestion. It is a valuable carminative which means that it helps to increase the flow of circulation and energy in the digestive tract. Lavender tea helps with gas, bloating and indigestion. Drinking a cup of simple lavender tea after a heavy meal can help you digest your food with more ease.



How to Make a Lavender Tea

To make your lavender tea simply put fresh or dried lavender and water into a pot with a lid on, bring everything to a boil and then turn off the heat. Let the lavender steep for one hour or more, then strain it from the water and discard the used lavender.

Ingredients:

- 1 tablespoon dried lavender per one cup of water
- 2 tablespoons fresh lavender per cup of water

1. If you are using fresh lavender, chop the tender leaves (not the lower woody parts) and flowers into 1/4 inch sized pieces
2. If you are using dried lavender, crush the lavender just a little with a mortar and pestle or with your hands to release the lavender oils
3. Place chopped or crushed lavender and water into a pot with a lid on it. I use stainless steel Revere pots; glass and enamel pots also work well
4. Bring water and herbs to a boil and then immediately turn off the fire
5. Let herbs steep for one to two hours
6. Using a metal strainer, remove the herbs from the tea and pour the tea into a tea-cup or pitcher

The shelf life of this tea is about two days, kept covered in the refrigerator

The reason for the different ratios of fresh or dried lavender is because fresh plants contain water and take up more space. Whenever I make tea, I use about twice as much fresh herb material as dried. Both fresh and dried herbs make excellent teas.

Lavender tea is a little bitter; the bitter taste is part of why it helps with digestion. Bitter tasting herbs help support the liver and gall bladder to digest fats. You can add a teaspoon of honey to 1 cup of lavender tea to offset the bitter flavor.



LAVENDER COMPRESS FOR HEADACHES



Lavender is an anti-spasmodic herb that helps to calm tense and strained muscles. A lavender compress can relax the muscles and help to normalize blood flow to the head. The aroma of lavender relaxes the nervous system and produces a calming and soothing effect on the body.

The great thing about making a compress is that if you already know how to do most of it. Once you make a lavender tea, you are only one step away from turning it into a compress. After making your lavender tea, instead of drinking it, strain out the herbs and soak a wash cloth in the tea.

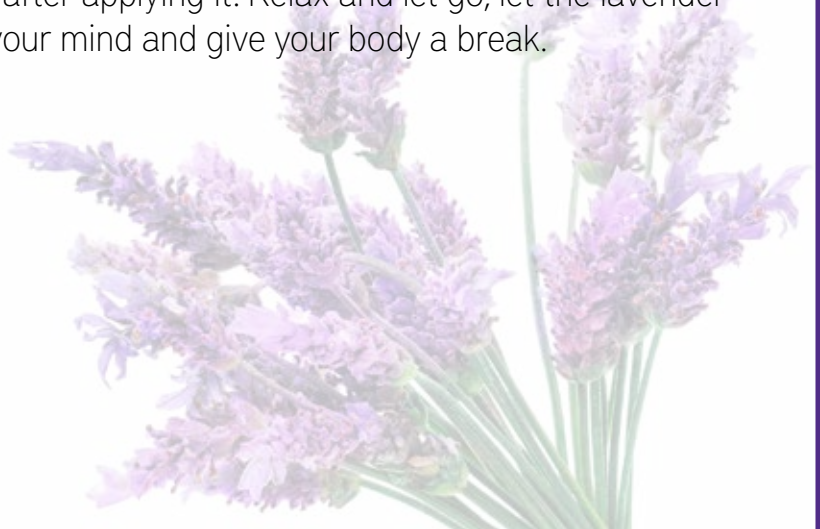
How to Make a Lavender Compress

1. Make a lavender tea as described in Lavender Home Remedy #1
2. Soak a washcloth in the strained out tea
3. Apply the tea soaked wash cloth to your forehead or the nape of your neck. You can soak two washcloths and apply one to each area
4. Close your eyes, relax and breathe in the aroma of the lavender. Take ten slow deep breaths and allow yourself to completely relax
5. There are different types of headaches. Some feel better with cool applications and some are alleviated with warmth
6. If coolness is what your body craves, put the tea soaked washcloth on a plate in the refrigerator for ten minutes and let it cool before you apply it
7. You can repeat this process several times. Once your washcloth warms up with your body temperature, put the compress back in the fridge and then re-apply
8. If heat helps your headaches, apply the hot (not too hot) washcloth. Make sure the washcloth is just the right temperature that will feel good and not burn your skin



9. Cover the warmed compress with a wool cloth, thick towel or hot water bottle to hold in the warmth
10. Once the application cools; you can re-heat the tea and repeat the process several times by putting the cloth back in the warm tea and re-applying it to your neck or head

A lavender compress can be very soothing and relaxing. An occasional headache can be a sign of stress and too much tension. The lavender compress will be even more effective if you take some time to rest after applying it. Relax and let go, let the lavender soothe your headache as you clear your mind and give your body a break.



LAVENDER WASH FOR MINOR CUTS & SCRAPES

Lavender is anti-inflammatory, anti-bacterial and vulnerary. Vulnerary herbs are specific for helping the skin to regenerate more rapidly. Lavender helps your skin to heal faster than it would on its own.

A lavender wash is a great home remedy for minor scrapes and scratches. If you have been gardening, picking blackberries or just working around the house, it is easy to find yourself scratched up a bit. Scratches and scrapes need to be cleaned well. Always wash your cuts and scrapes with soap and water and clean them thoroughly.

To increase the healing time of minor skin cuts, soak your hands, feet or forearms in a lavender wash.

How to Make a Lavender Wash

1. Make a lavender tea as described in Lavender Home Remedy #1
2. Strain the tea through a metal mesh strainer.
3. Pour the tea into a small, clean foot basin. I like to use an 11 quart Rubbermaid dishpan
4. Soak your hands, forearms or feet in the dish basin. If your cut or scratch is on a part of your body that doesn't fit into the dishpan, then use a wash rag and apply the tea as a compress
5. Soak your body in the warm lavender wash
6. Soak for ten minutes in the wash. You can do this three times a day

This simple home remedy can just become part of your after gardening routine or what your kids do at the end of a long day of outside play. You will be surprised at how quickly red scratches and itchy spots just go away.



LAVENDER BATH FOR MUSCLE TENSION

Lavender is a wonderful herbal ally for the nervous system. It helps with insomnia, nervousness and tension. Lavender is a very relaxing herb yet is uplifting and promotes a sense of wellbeing. One of my favorite remedies for supporting over-tired and stressed muscles is a lavender bath.

Lavender baths are easy to make and getting in the habit of adding herbs to your baths is a great self-care tool. A lavender bath will heal your skin, calm your nerves and relieve accumulated muscle tension.



How to Make a Lavender Bath

If you haven't used all of your lavender tea for a compress or body wash then put it into your bath tub! To make a lavender bath, I like to make a bigger batch of tea and pour it directly into the tub.

Ingredients:

3 gallons water
3 cups dried lavender
or
6 cups fresh lavender

1. Use 1 cup of dried lavender or 2 cups of fresh lavender for every gallon of water
2. I generally use about 3 gallons of water to make a Lavender Bath
3. Put 3 gallons of water into a 5 gallon canning pot or whatever large sized pot you have
4. For 3 gallons of water put in 3 cups of dried lavender or 6 cups of fresh lavender
5. If using dried lavender, just crush it a little with your hands or in a mortar and pestle. You don't have to do this for long, just enough to slightly break up the plant
6. If using fresh lavender, chop it into small pieces and then put it into the pot
7. With the lid on the pot, bring the lavender just to the point of boiling; then turn off the heat
8. With the lid on the pot, let the lavender steep for 1 or 2 hours
9. Pour the tea directly into your bathtub
10. You can strain the lavender out of the tea into another large pot using a mesh strainer. Put the used lavender into your compost pile and pour the tea into your tub
11. You also have the option of leaving the lavender in the tea and pouring the herbs and the tea into the bathtub
12. If you leave the lavender in the tea and put it in your tub, clean it out after your bath or the pieces of the lavender plant can stain your bath tub
13. Relax and enjoy

When making a Lavender Bath, the reason for the difference in proportions for fresh or dried herbs is that fresh herbs contain water and are not as concentrated as dried herbs. If you have an herbal garden, by all means, use fresh herbs. Many people do not have a garden available to them and dried herbs make very good teas for your bath. One is not better than the other, they are both effective.

Lavender is one of my favorite herbs to bathe in. It smells so wonderful and it is amazing how much it heals up nicks, paper cuts and any inflammation on the skin. Lavender baths really calm my over racing mind and a nice warm lavender bath at the end of the day is one of my biggest stress-busting tools.

The mood-enhancing qualities of a lavender bath lasts for hours after the bath as the lavender aroma wafts through the house for the rest of the evening.

“I judge that the flowers of lavender quilted in a cappe and dayly worn are good for all diseases of the head that come of a cold cause and that they comfort the braine very well.”

~ Turner (Herbal 1545)



LAVENDER STEAM FOR HOUSEHOLD FUMIGATION

Lavenders name comes from Latin roots, 'lavare' which means to wash. We use the medicine of lavender to 'wash' on many levels. I gently simmer a pot of lavender tea on the stove to clean the air of my house. Lavender is highly anti-bacterial and when steamed into the air, it dis-infects and kills bacteria. Because of this it is a great cold and flu prevention remedy for everyone in your household.

When someone sick comes over to your house, it is time for a household steam, otherwise called fumigation. I also do home steams preventively in the evening during cold and flu season. After my family is home and settled, I put a pot of lavender tea on the stove and let it simmer for one half hour. It has a calming effect on everyone and helps to clean the room of bacteria and emotional tension. After I am done fumigating we use the tea that is leftover from the steam to rinse our hands with.

Fumigating your house with a lavender steam will help to rid the house of any sickness and have everyone feeling relaxed and happy.

How to Make a Lavender Steam

1. Make a large batch of lavender tea as described in How to Make a Lavender Bath
2. Make this batch of tea in a large pot
3. Instead of leaving the lid on the pot when making the tea, leave the lid off the entire time
4. Once the tea has come to a boil, instead of turning the heat off, turn it down to the very lowest setting
5. Let the tea gently simmer on the very lowest heat for 15 to 30 minutes. The steam will carry the anti-microbial oils from the lavender into the air in your house
6. Turn off the heat, let the tea sit on the stove until it is cool, then pour it into your bath, use it to wash your hands with or pour it into your garden

I love tending to my house using a lavender steam. I not only use it when there is sickness around, I turn on a lavender steam when I am just doing a regular cleaning. Vacuuming and mopping the floor is more pleasant with the aroma of lavender filling up the house!

LAVENDER LEMONADE FOR PLEASURE & ENJOYMENT

I know I said I would give 5 lavender home remedies, but I can't resist adding this one. Making a delicious, refreshing drink may not really be categorized as a home remedy.

However, when you think of how unhealthy most of the drinks are that people purchase, then this is actually a great home remedy. Choosing to drink an herbal tea instead of a soda or sugary drink supports your everyday health and wellness.

How to Make Lavender Lemonade

Ingredients:

- 2 cups lavender tea
- 1/2 cup honey
- 1/2 cup fresh squeezed lemon juice

1. Make 2 cups of lavender tea as described in Lavender Home Remedy #1
2. Strain the lavender from the tea
3. Add honey and stir it in well
4. Add lemon juice and mix well
5. Let cool and serve garnished with lemon slices

This is great drink for just about any occasion. People love lemonade and just wait until you hear what your family and friends have to say about your lavender lemonade!

I am usually asked to bring the drinks to potlucks. "Hey Kami, do you think you could make some herbal lemonade for our school fair? You know; lavender lemonade for



about 300...”

There are so many varieties of lavender, which one should you use? Definitely make sure that you are using an aromatic lavender that has a pleasing scent to you. Some of the lavender varieties have had the aroma hybridized out of them for the sake of bigger flowers. You definitely want a lavender plant that has a strong aromatic smell. All of the aromatic lavenders can be used interchangeably. My favorite lavender is *Lavendula angustifolia*.

If you want to grow your own lavender, go to a nursery and just smell all of the lavender plants. Choose two or three that smell the best to you and plant those in your yard in a sunny spot with well-draining soil. It won't take long before you will have an abundance of lavender to make your lavender home remedies with.

Every once in a while one of my students would will have an allergic reaction to lavender. If you feel itchy or uncomfortable at any time with any herbal remedy, stop using it.

What I like about these particular lavender home remedies that I have shared with you is that they are all tea based. Once you make the lavender tea, you can drink it, turn it into a compress, soak your scratched up arms in it, make a lemonade or pour it into your bath tub! Now that is one versatile tea!

I love feeling empowered in taking care of simple aches and pains and common complaints. Lavender is one of those great herbs that has lots of useful applications. Share these remedies with your family and friends and let me know how it goes. I love hearing how the herbs work for you!



HERBAL RESOURCES

Where to Buy Dried Lavender

Frontier Natural Products
www.frontiercoop.com

Monterey Bay Spice Co.
www.herbco.com

Mountain Rose Herbs
www.mountainroseherbs.com

Containers for Storing Lavender

Sunburst Bottle Company
www.sunburstbottle.com

SKS Bottle and Packaging
www.sks-bottle.com

Specialty Bottle Company
www.specialtybottle.com

Burch Bottles
www.burchbottle.com

Dish Pan for Lavender Wash

Rubbermaid
www.rubbermaid.com

The Container Store
www.containerstore.com

Canning Pot

Agrisupply
www.agridupply.com

Ball
www.foodpreserving.com

Crate and Barrel
www.crateandbarrel.com

Large Mesh Strainer

The Webstraurant store
www.webstaurantstore.com

Chefs
www.chefscatalogue.com

Northern Brewer
www.northernbrewer.com

Kami McBride has taught herbal medicine and women's health since 1988. She has studied medicinal plants for more than 25 years and has taught Herbology at University of California School of Nursing and Stanford Hospital.

An inspiring teacher, Kami has helped thousands of people to de-mystify the world of herbal medicine. She loves helping you to use herbs in your daily life in ways that are healthy, safe and fun.

Kami is the author of ***The Herbal Kitchen*** and can be reached at www.livingawareness.com



This book is intended as an educational tool. The techniques described are not to take the place of professional medical care. The author and publisher disclaim any liability resulting directly or indirectly from the use of any remedies, procedures, or preparations found in Top 5 Lavender Home Remedies. If you are pregnant or taking medications consult a health care practitioner before using herbs.

Never use an herb that you are not sure of what it is. Only use herbs that you have complete accuracy in identification.

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