



Bosisto's

Lavender

**Pure
Essential
Oil Blend**

Lavender Oil – calm & relax

- ✓ Luxurious lavender fragrance
- ✓ Naturally calms and soothes
- ✓ For rest and relaxation

Available in 50mL and 25mL



Lavender Spray – handy, mess free

- ✓ Handy spray with pure lavender oil
- ✓ Quick, convenient & mess free
- ✓ For insomnia and mild anxiety

Available in 100g

Lavender Solution – water soluble

- ✓ Light, fresh, water soluble formula
- ✓ Disperses easily, cost effective
- ✓ Soothes & calms

Available in 250mL



Did you know?

Lavender essential oil has over 2000 years of historical use. The Egyptians used it in their mummification process, and decorative urns were found in the pyramids with residues still inside. The oil was highly regarded as a perfume, and in fact the word lavender comes from the Latin 'Lavare' meaning "to wash" as it was frequently used in bathing rituals. Lavender is also renowned for its calming, soothing effect, with numerous clinical studies indicating it promotes relaxation and better quality sleep.

Always read the label & use only as directed. If symptoms persist, including coughing, see your healthcare professional.

Customer Care Guide

Personal Uses

Use	Lavender Spray	Lavender Oil	Lavender Solution
Calming	Spray liberally around the bedroom at night to help improve sleep quality and promote relaxation.	Dilute 5 drops (1/4 mL) per 10 mL of carrier oil (such as almond or olive oil), and use as a soothing massage oil for back, neck and shoulders.	Add a few drops onto pillow or inhale on a tissue to calm and soothe before bed.
Relaxation	Spray on a tissue, or in the air, and inhale to help ease tension.	Add 2 capfuls to a warm bath to relax body and mind.	Add 3-4 capfuls to bath water to promote relaxation.
Aromatherapy	Use as an alternative to oil burners – simply spray into air.	Add to an oil burner. Do not leave unattended.	
Headache	Spray on tissue and inhale to help ease tension headache.		

Household Uses

Use	Lavender Spray	Lavender Oil	Lavender Solution
Laundry		Add 2 capfuls to laundry wash to freshen and fragrance.	Add 2 capfuls to laundry wash for fragrant linen and towels.
Room deodoriser & freshener	Spray to deodorise, remove mustiness and impart a lovely aroma in bathroom, toilet, wardrobes or guest bedrooms	Freshen musty areas such as drawers and wardrobes using several drops of Oil.	Add 2 capfuls to a litre of warm water and wipe down surfaces. Ideal for bathroom, nursery and bedrooms.
Rubbish bins	Spray into bins to help kill germs and deodorise. Perfect for nappy bins.	Soak a cotton wool ball in Oil and place at the base of household bins.	Add 2 capfuls to warm water and use to clean bins, leaving a fresh aroma.

