

## PRODUCT INFO

# LAVENDER ESSENTIAL OIL

## KEEP CALM

Need help to keep calm and carry on? Who doesn't! That's why you need a cool friend like me who can help you find your little "peace" of heaven.

Whether you need a moment to center yourself or are looking to wind down for an evening of sweet dreams, just step back and take a restoring breath!

My calming and relaxing vibes will make you feel like your stress and worries are melting away.

## HOW I'M MADE

**Plant Parts Used:** Leaves and flowering tops

**Extraction Method:** Steam distilled

**Aroma Notes:** Floral, herbal, balsam



## DIRECTIONS

Apply topically or diffuse aromatically.

### TOPICALLY

Apply 1-2 drops on your hands or flex points. Dilute as needed for skin sensitivity with It Works! Fractionated Coconut Oil by mixing 1-2 drops with 1 teaspoon (5 mL) or more of Fractionated Coconut Oil and apply with a gentle massage. We recommend always patch testing an area of your inner arm first prior to applying topically. If you have sensitive skin, it is recommended to always use the It Works! Fractionated Coconut Oil. A good rule of thumb is to dilute whenever unsure.

### AROMATICALLY

Sit back and breathe in anytime and anywhere with the Essential Diffuser. Fill the Essential Diffuser with 50 mL of water. Add 2-3 drops to the water in the Essential Diffuser. Replace the upper cover and press the power button. Just breathe as the ultra-fine mist fills the room!

## INGREDIENTS

*Lavandula angustifolia* Oil (Lavender Oil).

100% Pure Essential Oil and Non-GMO  
0.5 fl oz/15 mL

**Caution:** Keep out of reach of children.  
For external use only, not for consumption.



For external use only, not for consumption. Keep out of reach of children and pets. If you are pregnant, nursing, or under a doctor's care, consult your physician. Possible skin sensitivity. Avoid contact with eyes, inner ears, mucous membranes and sensitive areas. Do not use on dry, damaged or sun-exposed skin. Essential oils are highly flammable substances and should be kept away from direct contact with flames, such as candles, fire, matches, cigarettes, and gas cookers.

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# LAVENDER ESSENTIAL OIL

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### FREQUENTLY ASKED QUESTIONS

#### What are the It Works! Essential Oils?

Extracted directly from the bark, flower, fruit, leaf, seed or root of a plant or tree, all the oils in the plant are concentrated into a single essential oil.

The It Works! Essential Oil Singles include Tea Tree, Lemon, Lavender, and Eucalyptus. The It Works! Essential Oil Blends BOOM, DEFEND, CLEAR, and CHILL are specially formulated blends of highly concentrated pure essential oils, selected for their unique properties and aromas.

#### Can I create my own essential oil blend using the Essential Oil Singles?

Each essential oil used in the It Works! Essential Oil Blends was carefully selected and then blended by internationally acclaimed senior perfumers to create that specific blend. We do not recommend using the It Works! Essential Oil Singles—Tea Tree, Eucalyptus, Lavender, and Lemon—to create your own blend of essential oils.

#### What is Lavender Essential Oil?

Lavender Essential Oil relaxes and restores, making you feel like your stress and worries are melting away. Whether you need a moment to center yourself or are looking to wind down for an evening of sweet dreams, Lavender Essential Oil will help you find your little “peace” of heaven.

#### When should I use Lavender Essential Oil?

Use Lavender Essential Oil whenever you need to relax, restore, and find your little “peace” of heaven.

- **When you need to center yourself:** Whether you’re in the middle of a hectic day at the office or ready to let it all go when you get home, put a few drops in your Essential Diffuser, sit back, breathe in, and let your sense of worry melt away!
- **Wind down for sweet dreams:** Make Lavender Essential Oil part of your bedtime ritual when you dilute a few drops with It Works! Fractionated Coconut Oil and place on your flex points, or turn on your Essential Diffuser before you turn out the lights.

#### What if I experience skin discomfort or irritation when applying It Works! Essential Oils topically?

If discomfort or irritation occurs when applying the It Works! Essential Oils directly to your skin, discontinue use of It Works! Essential Oils immediately. Never use water in an attempt to flush the oil off the skin (water and oil don’t mix!). This may increase discomfort.

#### Where can It Works! Essential Oils be applied on the skin?

Apply 1-2 drops of It Works! Essential Oils to your hands or flex points—the feet, hands, and wrists. It’s best to stay away from sensitive areas (such as eyes, ears, and mucous membranes) when applying the It Works! Essential Oils topically. If you have concerns about your skin’s sensitivity, dilute your It Works! Essential Oils as needed with It Works! Fractionated Coconut Oil by mixing 1-2 drops of essential oil with 1 teaspoon (5 mL) or more of Fractionated Coconut Oil and apply with a gentle massage.

#### What is the grade/quality of the It Works! Essential Oils?

All of the It Works! Essential Oils are 100% pure, unadulterated oils, meaning they are never extracted or “cut” with chemicals or substances, contain no synthetics, and their natural properties are never altered, added, or removed. Just like all It Works! products, our It Works! Essential Oils are held to the highest degree of quality for their botanical ingredients.



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### FREQUENTLY ASKED QUESTIONS

#### How do we ensure that we have the highest standards of sources, purity, and extraction for It Works! Essential Oils?

Our essential oils researchers and formulation experts have over a century's experience in essential oil production to ensure our oils are sourced from only the highest-quality botanical sources and go through a series of quality testing and verification before they ever make it into the bottle! All this ensures the It Works! Essential Oils are 100% pure—never extracted or “cut” with chemicals or substances, contain no synthetics, and the natural properties are never altered, added, or removed.

**Sourcing:** The pure quality of our essential oils starts with the source! All of our essential oils come from crops grown around the world in countries where the climate and soil are best for them. These crops are cultivated by established growers, many of them multigenerational family farmers. All these growers go through a qualification program which ensures source specifications, standards, and compliance.

**Extraction:** The extraction of our essential oils also starts with the source, as all of the oils are derived either by cold pressing straight from the field or by steam distilling right in the fields where their plant sources are harvested!

**Testing:** Each individual essential oil goes through a five-step testing process to ensure it meets quality specifications for color, fragrance, density, and refractive index before finally going through Gas Chromatography/Mass Spectrometry testing for its natural chemical components.

#### Will my It Works! Essential Oils expire?

The freshness and quality of your It Works! Essential Oils are guaranteed! Look on the bottom of each of your It Works! Essential Oils bottles and you'll find an expiration date.

#### Why are It Works! Essential Oils not “therapeutic” grade?

There is no governmental regulating body that grades or certifies essential oils as “therapeutic grade” or “aromatherapy grade.” All of the It Works! Essential Oils are pure grade, meaning they are never extracted or “cut” with chemicals or substances, contain no synthetics, and their natural properties are never altered, added, or removed.

#### How should I store my It Works! Essential Oils?

Your It Works! Essential Oils are packaged in darkened glass containers, which are designed to block sunlight, as it can cause the natural properties of the It Works! Essential Oils to deteriorate. Exposure to heat and oxygen can also cause deterioration, so be sure you store them within their glass bottles with the lids tightly closed and in a cool place.

#### Can I use It Works! Essential Oils on children?

Our products are designed for adult use only. Always consult your pediatrician before giving any products to children.

#### Can I use It Works! Essential Oils if I have a medical condition or if I'm taking prescription medication?

If you have a medical condition, health concern, or are taking prescription medications, we strongly recommend you consult your physician before using It Works! Essential Oils.

#### Can I use It Works! Essential Oils if I am pregnant or nursing?

We suggest that you consult your physician prior to using any of our products if you are pregnant or nursing.

